

BAS RUTTEN'S **BIG BOOK OF COMBAT**

VOLUME 1 - REVISED EDITION

by Bas Rutten with Stephen Quadros

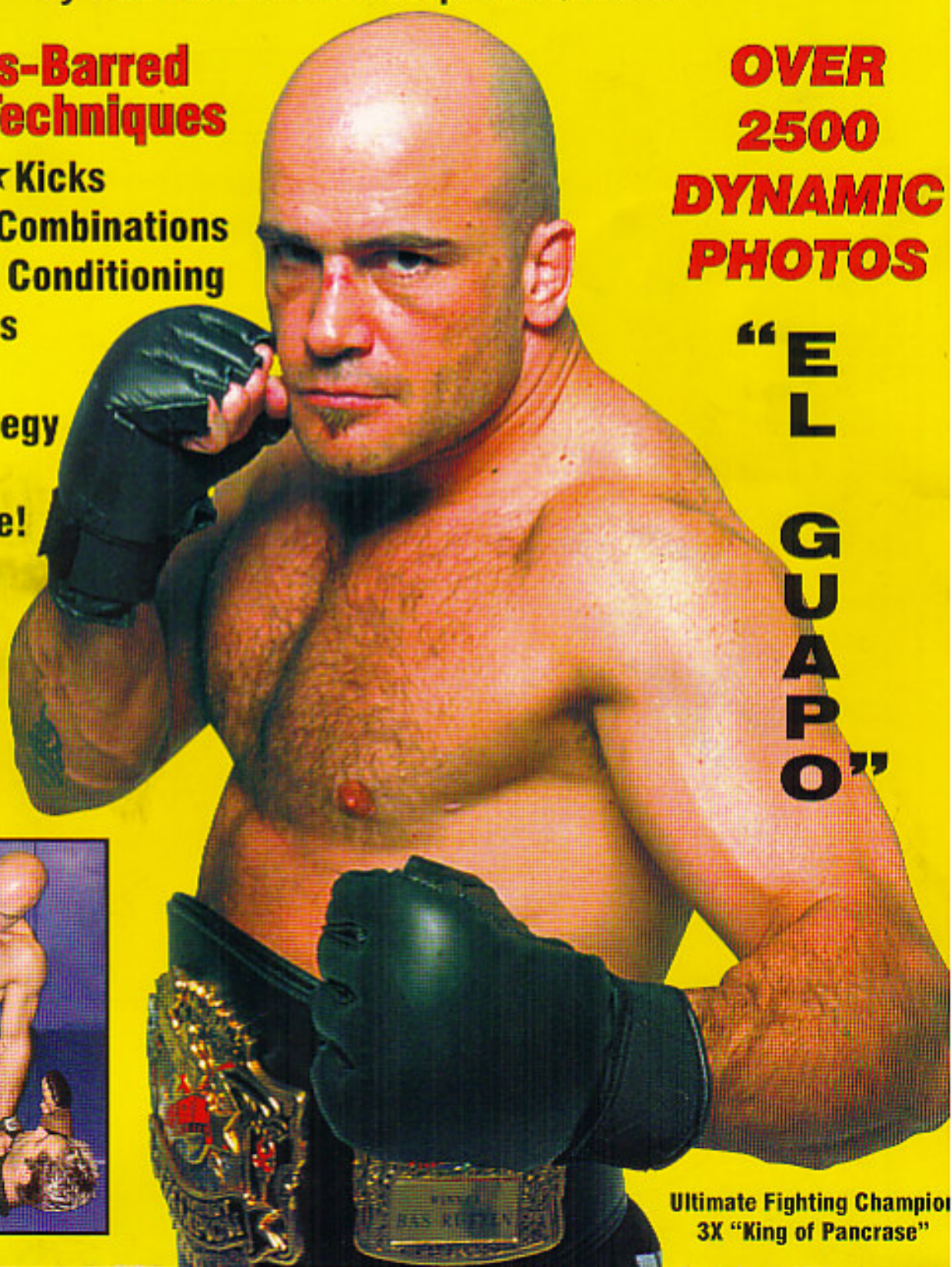
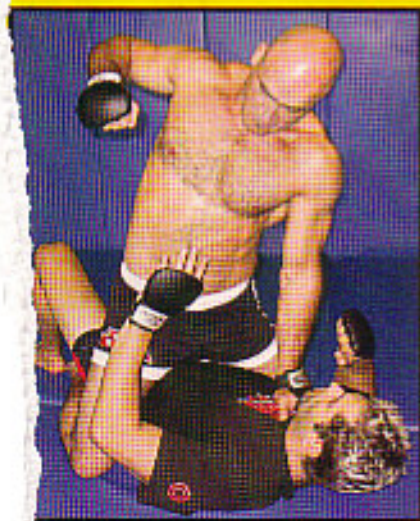
No-Holds-Barred Fighting Techniques

- ★ Striking ★ Kicks
- ★ Blocks ★ Combinations
- ★ Training & Conditioning
- ★ Take Downs
- ★ Drills
- ★ Fight Strategy
and
Much More!

**OVER
2500
DYNAMIC
PHOTOS**

**"EL
GUAPITO"**

**LEARN
TO
FIGHT!**



Ultimate Fighting Champion
3X "King of Pancrase"

Bas Rutten's **BIG BOOKS** of **COMBAT**

★ *Volume 1* ★



Enter the COMBAT ZONE

★OFFICIAL AUTOGRAPH PAGE★

“EL
GUAPITO”



Best wishes!

Bas

“KING of PANCRASE”
ULTIMATE FIGHTING CHAMPION

★BAS RUTTEN★
BIG BOOKS of COMBAT

★Official Bas Rutten Autograph Reproduction

"THE WORLD'S GREATEST MARTIAL ARTIST"

Black Belt Magazine



"What the Ancients called a clever fighter is one who not only wins, but excels in winning with ease!"

Sun Tsu: The Art of War

★ Bas Rutten's Big Book Of Combat ★

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done in the past, or do something because a guy with a black belt told me to do it. That is all bullshit. Belt rankings in real fighting don't mean anything. I have Black Belts in Tae Kwon Do (second degree) and in Kyokushin Karate (also second degree), so I know what I am talking about. Practicing something one hundred times in a dojo and being in a real fight are two completely different things!

But let's get back to what I was saying earlier. I really thought a great deal about fighting and wanted to put those thoughts here. I've tried to look at every angle, to make my dream system come to life. I think that I've come really close to making that a reality.

I've always wanted to test out everything to find out if it works under pressure. I never thought something was right just because somebody said so or because I read it in a book or because I saw it on a video. Anybody in the whole wide world can make a book or a video, and that doesn't mean that the things in the book or video are necessarily true or effective. Also, if a certain style of combat does the same thing for the last 100 hundred years without change, I say that they are doing it wrong. Everything changes and should get better. Cars get better, people get better, tennis players get better techniques, and soccer players get better techniques. I can go on and on here. You see what I'm getting at? Most things in life are evolving all the time, so do not stick with an old tradition blindly. Dare to change when it feels right. I'm not saying stop your respect of old tradition. No, DO respect tradition and keep doing it, but if you are training for **fighting** you must change and/or improve in order to stay ahead of your competition because everybody else does. And believe me, they, your competition, are constantly getting better and they want to be better than YOU! So stay on your toes and move forward. Don't stand still or the world might pass you by. It's possible that even this book will get old eventually and there probably will be something better. I doubt this will happen but it IS possible, because time marches on and everything changes. I still like to walk through katas (a Japanese term meaning a set arrangement of martial arts moves and techniques), or Poom Se's (Korean katas). It is an old tradition and I think that it is good for your breathing rhythm, your technical skills and your memory. But please don't tell me that it will make you a good fighter because it doesn't. You need to spar for that! So, the same as I am going to tell you in Volume 2, spar a lot! It is the closest thing to a real fight. There is **no preparation** better for an actual fight than sparring. For conditioning you should do the Thai Pads AFTER you spar!

There are a number of simple things that I will remind you of throughout the book. Like **"Always keep your eyes on your opponent!"** Sounds pretty logical and simple, right? Well, it isn't. The punch or kick that you don't see coming will probably be the one that knocks you out!

Stay calm and use energy only when you need it. If you are fighting with a lot of stress, then you will be tense. This alone will cause you to lose all your power and stamina.

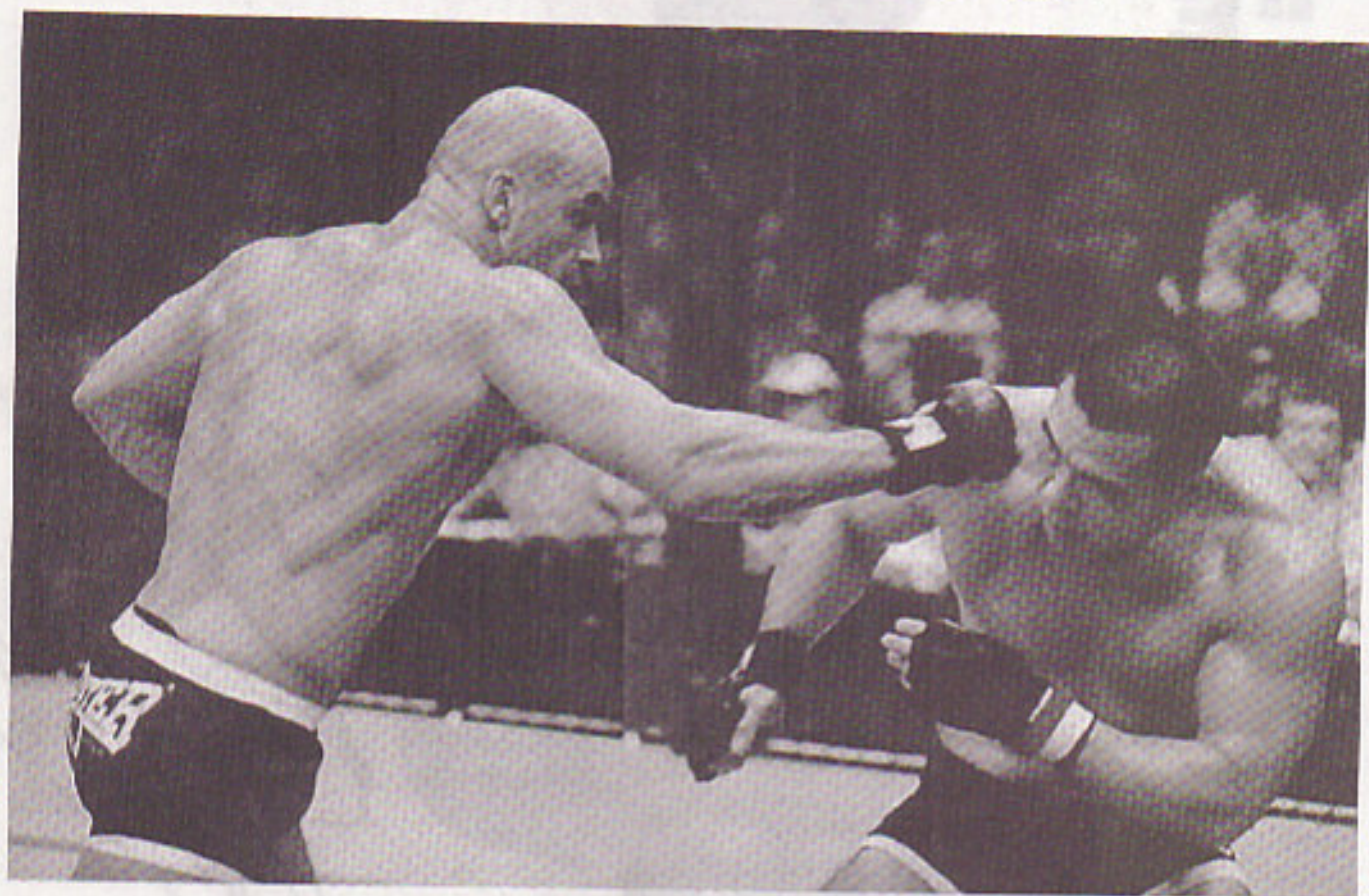
One of the first times I saw a true study in effective relaxation was with a good friend of mine (and a SUPER Thai Boxer) named Peter Aerts (also from Holland). I was amazed. He is always completely relaxed. It doesn't matter for him if he is going into the super market or into a fight, he is always very calm and free of tension. Keeping relaxed like this definitely improves his stamina. Another good example, but this time in the world of NHB fighting, is Kazushi Sakuraba from Japan. He is always super cool and because of this he will have a lot more energy than the people he fights who ARE stressed and not relaxed. Being relaxed can make the magical and devastating moves of the martial arts effortless.

Good luck! I know you are going to enjoy yourself!

Bas Rutten

Bas Rutten's BIG BOOKS of COMBAT

DEDICATION



This book is dedicated to my beautiful wife Karin and daughters Sabine and Bianca, who have always supported me, which is not always easy when you live the life of an ultimate fighter.

BAS RUTTEN'S BIG BOOK OF COMBAT

Volume 1

INTRODUCTION



**3 Times King of Pancrase
Ultimate Fighting
Champion**

**ACTION
PACKED**

Name Bas Rutten

Nick Name El Guapo

Record 26 - 4 - 1

Height 6'1 / 185.42 cm

Weight 220 lbs / 100 kg

**Style Submission Fighting,
Pancrase, Muay Thai Kickboxing**

Birth Date 2/24/1965

City Eindhoven

Country Born Holland,

Residence Los Angeles, CA

Welcome To Bas Rutten's Big Books of Combat: Volume 1

I have been thinking for a long time about making this book. I once put out a book in France, but that was a long time ago and it was very small. In my heart I always wanted to do something BIG, something that made a difference. I think that I have achieved that with my Big Books of Combat Volume 1 and 2.

I try to give attention to everything that is important in MMA (mixed martial arts): strategy, striking, submissions, takedowns and all the variations and mutations that occur within those areas.

The photographs are set in sequence and come with a short explanation to make things easy to understand, but I believe that the thing that truly makes this book unique is that it is also supported by audio. On the accompanying audio CD's I will go into much more detail and tell you what to watch out for, etc. If you do not currently have the Big Book CD's I highly suggest you purchase them immediately for the tremendous added insight they give to the techniques.

At first I wanted to make ONE big book, but when we finished we realized that it was just TOO big, so we decided it would be better to split it up into two parts. This one, Volume 1, contains striking, ground striking, warm ups, stretching, weight training, equipment training, conditioning exercises etc. Volume 2 gets into submissions, the transition from stand up striking to take downs followed up with submissions. Also we delve into submission combinations, which are really important!

If you want to perfect your fighting ability you will be in for a treat, that I can tell you. Although we worked extremely hard we did have a lot of fun putting this project together I am confident that you will have the time of your life digesting the information. You will see that my thinking about stand up fighting is different than other people.

One thing: for ME, my system is the best, but maybe my system is not necessarily the best for YOU. But up until now I have never met anybody who I introduced this system to that has disagreed with me. Those people I've showed it to feel it is the best also. What a cocky motherf---er I am, huh? That's what you think right now, but I am not. It's just that I spent long hours and gave deep thought to developing the best fighting system possible. So I am passionate in my belief of this system. I did not just copy or duplicate what other people have

★ Bas Rutten's Big Book Of Combat ★

My Fighting Style:

I until recently really had no name for my fighting style. If I, would go with something I would call it, like my good friend Stephen Quadros tells me 20 times a day when he sees me, "The Bas Rutten System". He says it is not so much about my fighting style as it is about my whole person. But it is also a good name for the style. It's better than "Bas Rutten-Ryu" or something, like that so the "Bas Rutten System" it is.

I picked up things from all over the world and learned from all kinds of different people. You will hear me on the Audio CD's say many times from, who I got that certain technique from. I put everything together and made it a little bit my own style. I just like to explode with punches and kicks but also, explode with submission combinations. Jiu Jitsu is a slower game than an NHB game because of the gi (or kimono). You can take a little more time with your submissions because you have the gi to hold on to. If you catch somebody in an armbar and he is wearing a gi, it will be more difficult for him to escape than if he were not wearing a gi. Also you can take a little more time to set an armbar up because you have more control. Without a gi, you can be slippery and you have to move faster. I have been asked many times to roll around with a gi but I always declined. They will probably tie me up like a pretzel because I don't know all the little finesse things that they have with a gi. I think also that training with a gi is very important for street self-defense. I mean everybody wears something on the street, a jacket or a t-shirt, things a jiu-jitsu expert knows exactly how to use against you.

One thing is for certain all the techniques presented in my books work on the street or in the ring. I have included nothing I haven't successfully performed in real combat. The mat is my laboratory and in developing my system of combat over the past 20 years I have done all the hard work for you. Now it is up to you to enjoy and master the techniques and routines of the "Bas Rutten System", which are sure to improve your combat skills and make you a champion mixed martial arts fighter! Good Luck!!



THE BAS RUTTEN COMBAT SYSTEM IN ACTION!

Slipping a right punch and countering with a left hook punch to the liver for the knockout! A punch that has taken out many an opponent!

Chapter 1

Training and Conditioning



Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfightec.net or by calling toll-free 1-800-517-7445. Outside the U.S.A. call 1-949-493-1428.

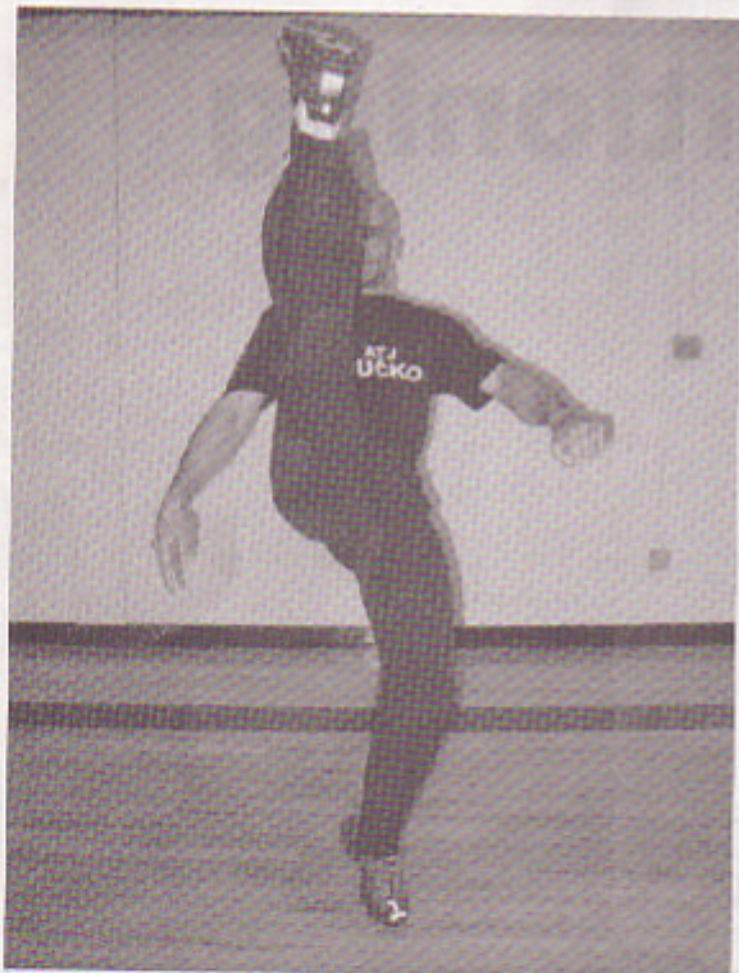


Warning/Caution: The techniques featured in this book are extremely lethal and dangerous. They have been specifically designed to defeat an opponent in hand-to-hand combat. At all times you must demonstrate extreme caution and control for yourself and/or training partner while performing or practicing any of the movements, exercises, or fighting techniques shown. Train at your own risk.

Warm Ups and Stretching

It is important to understand that warming up and stretching should be done before any kind of workout, and especially when training in mixed martial arts, Muay Thai or submission wrestling. Over the years I have gotten into the routine of doing the same warm ups and stretching exercises over and over again, simply because when I do them in this order I *never* get injured. I strongly advise you to follow this routine rather than trying to jump ahead. I am very old fashioned, if something works for me I will keep doing it. It's like going to a restaurant, if it is good you will keep coming back.

To be flexible is very important for every aspect in fighting: striking, ground fighting, wrestling, everything! If you are limber you simply can kick higher. And that can come in handy if you want to kick somebody to the head. But also, if you are flexible, you will need less power to kick to the head. And of course there is far less chance to injure yourself if you are flexible.



In grappling, if you are not flexible, you will tap out faster than somebody who is flexible. At one time or another we have all tried to submit a very limber person using a Figure 4 and have needed to pull his arm all the way up. But somebody who's not that flexible will tap right away.

I have been told that if you stretch after your workout, especially a power training workout, you will become 10% stronger. I don't know about this being an exact percentage, but if it is true I'll take it. Regardless, I feel that stretching after working out is very beneficial.

Stretching works to preserve the muscles and helps you cool down.

Effective stretching also can depend on where you live and what season it is when you stretch. The fact is that a muscle stretches best when it is warm. Here in California the weather is rarely ever that cold, so your muscles are already warm, especially in the spring and summertime. As a result you don't need to do as much warming up (calisthenics, running, etc.) as you would if you lived in, for example, Russia in the winter.

Stretching also increases the range of movement in your joints, and that also comes in handy in the fighting business.

Some people get flexible faster than others. But anyone, with the right program, can become flexible. Having patience is absolutely imperative, otherwise injury can occur before you even start your training. A good rule of thumb is "listen to your body". If your body is telling you loud and clear, "No more," obey it's command.

It is important to observe the order in which I perform the stretches. First I loosen up my neck, then shoulders and arms, forearms, etc. Do some dynamic stretching and then isometric stretching. Do not hold your breath during stretching! Breathe slowly and deeply in and out to get the maximum circulation of oxygen to the muscles. After a while you will even enjoy stretching!

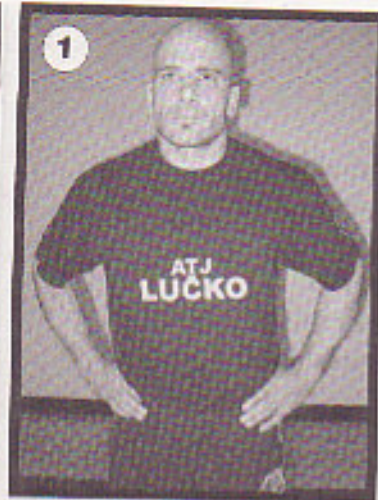
Take your time, especially when you get older, because when you get older you need to stretch more. Man, I never thought that I would say that!

The physical details of warming up the body are explained in detail here. Simply follow my directions and everything will fall into place.

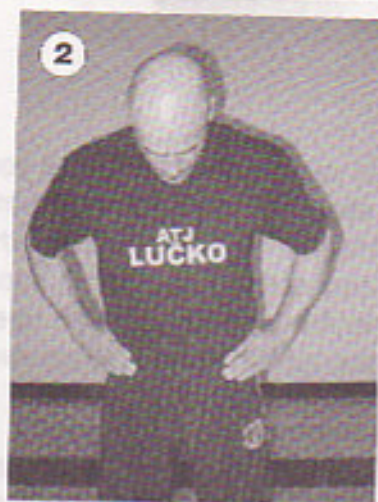
A good warm up that I will show is one that I learned in Japan. When I trained there I had to do these exercises for something like 45 minutes straight!

It's a lot of rolling, jumping, handstands, moving on the ground. I even put some things in that you can do in the pool. One way to make all these exercises easier is to HAVE FUN when you do them. This will make a huge difference in how long you can sustain your workout over long periods of time.

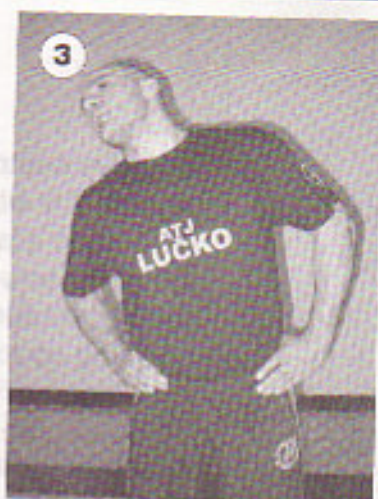
And don't forget to relax!



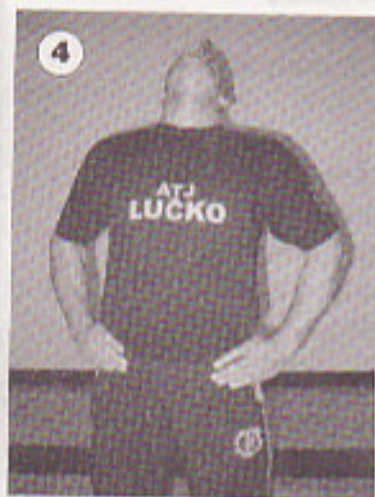
1
Neck Rotations:
To stretch the neck and
shoulder muscles.



2
Tilt your head forward, tuck
your chin into your chest.



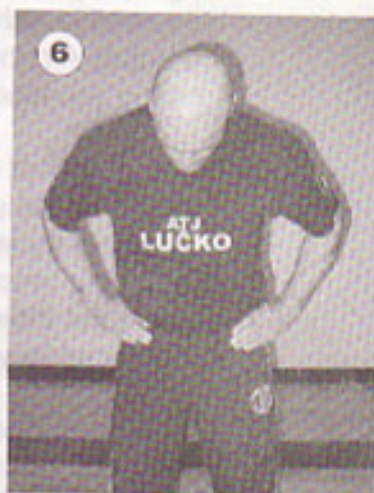
3
Slowly rotate your head
to the right.



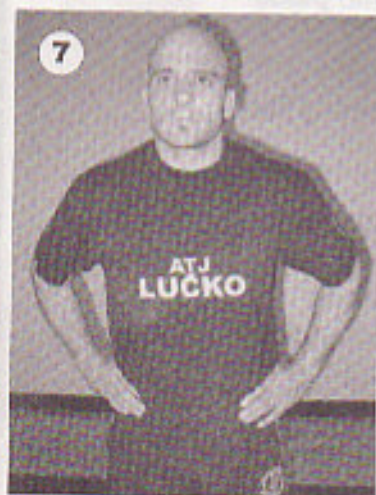
4
Stretch your neck by
rotating your head back.



5
Continue by rotating your
neck to the left.

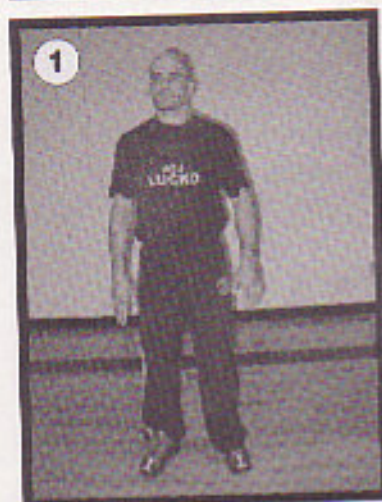


6
Complete the rotation so
that you are back in the
starting position.

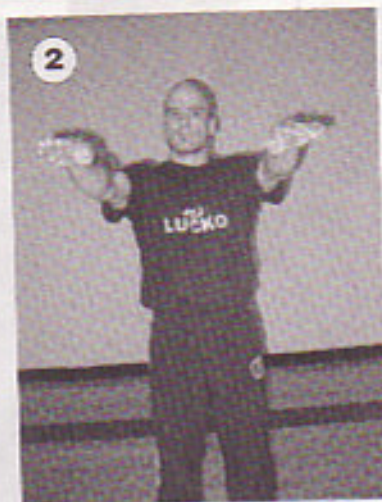


7
Now repeat the entire
sequence 10 times.

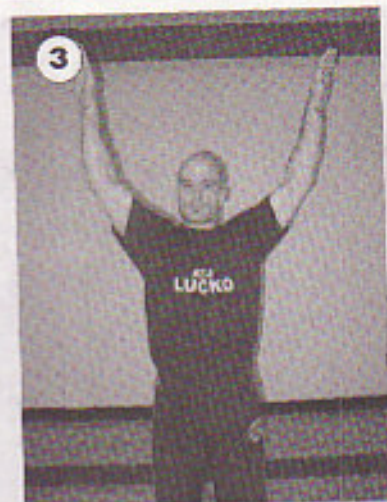
Training Notes



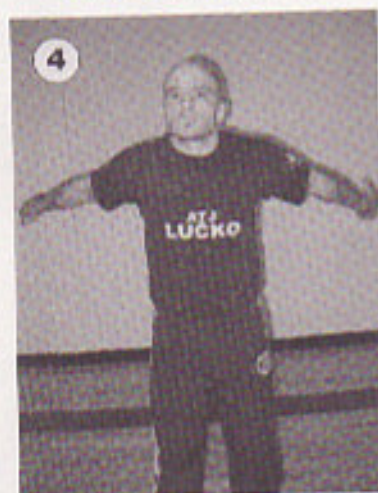
Arm Rotations:
To warm up your
shoulders and arms.



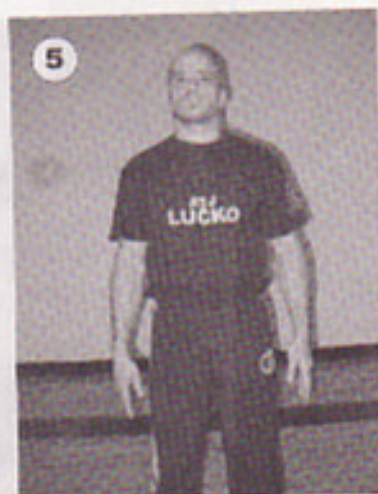
All movements are done in
continuous motion. Raise
your arms in front.



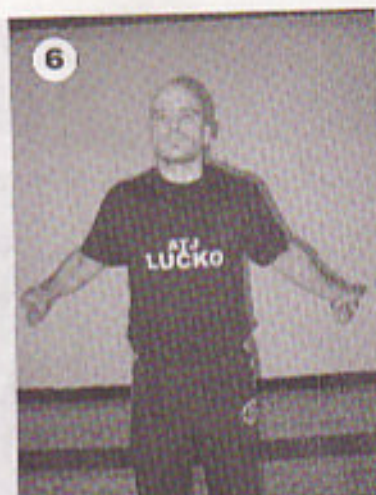
Swing arms up over your
head, palms facing out.



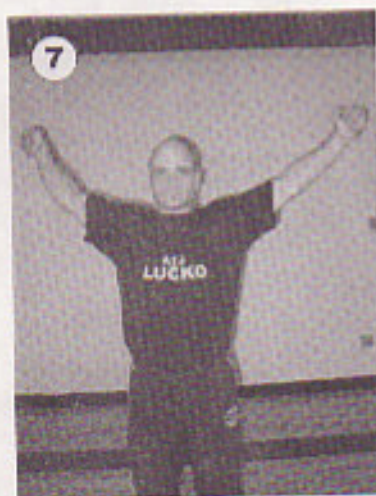
Create sweeping circles
by rotating your arms
all the way behind you.



Lower arms and return
to the start position.



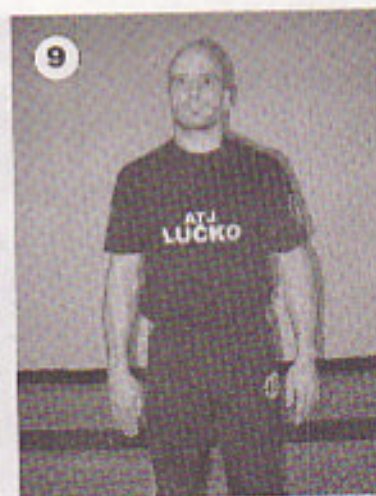
Now swing your arms in
the opposite direction.



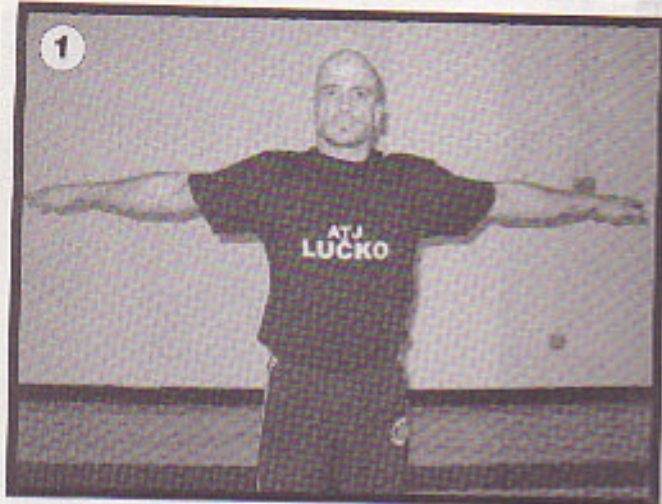
Swing arms backwards,
up and forward.



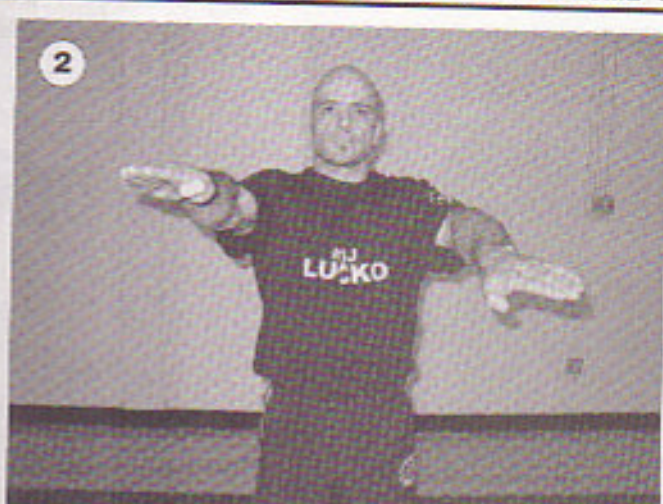
Sweep arms all the way
around to the front.



Finish in start position.
Do this 20 times.



1
Shoulder Flexes: Begin by standing straight, arms extended out to the sides.



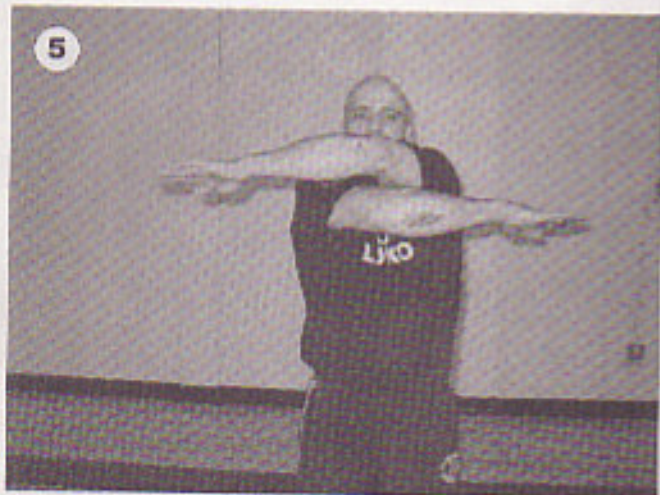
2
Bring your arms forward, keeping them straight.



3
Swing your right arm over the top of your left arm and stretch outward.



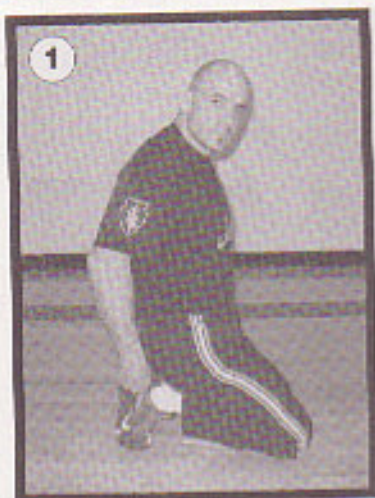
4
Return your arms to the starting position. Swing arms forward again.



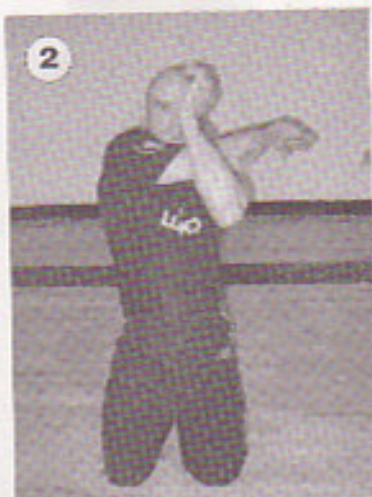
5
This time, swing your left arm over top of your right arm and stretch outward.



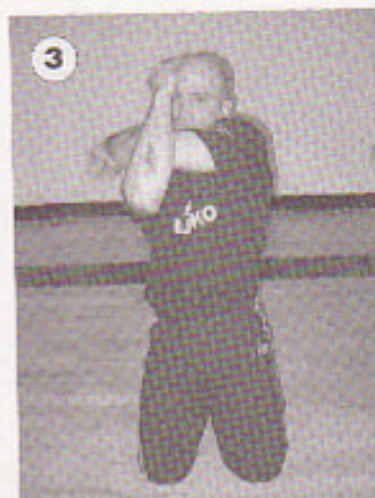
6
Return arms to start position again. Complete 20 repetitions.



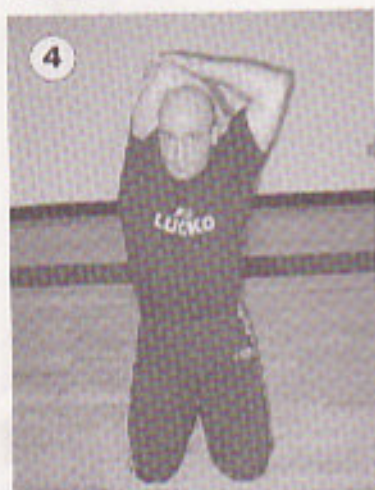
**Wrist, Elbow
and Shoulder Flexes**
Note foot and toe position.



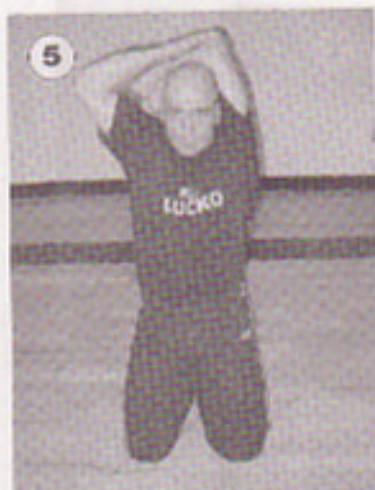
Stretch right arm across
chest and pull with left arm.
Hold for 20 seconds.



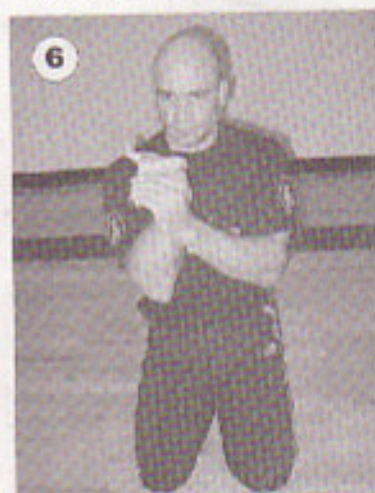
Now stretch left arm across
chest and pull with right
arm. Hold for 20 seconds.



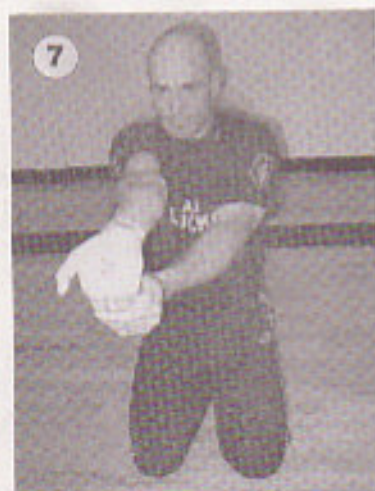
Bend right arm over your
head, hold your elbow and
stretch for 20 seconds.



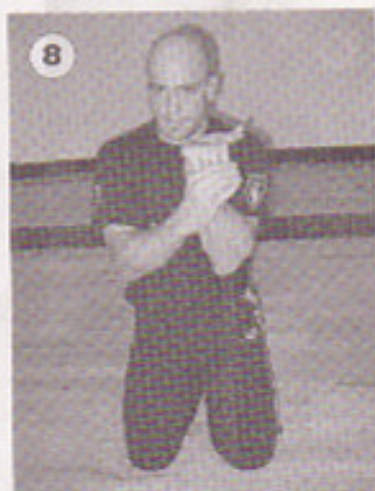
Bend left arm over your
head, hold your elbow and
stretch for 20 seconds.



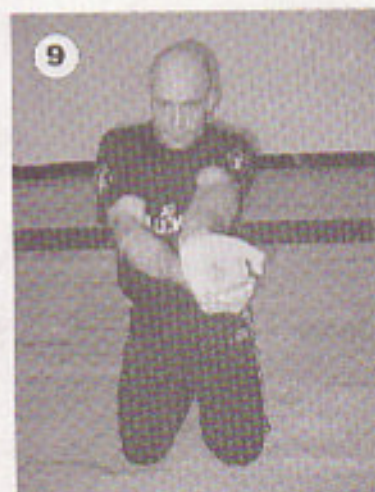
Stretch your right wrist by
pulling the fingers down and
hold for 20 seconds.



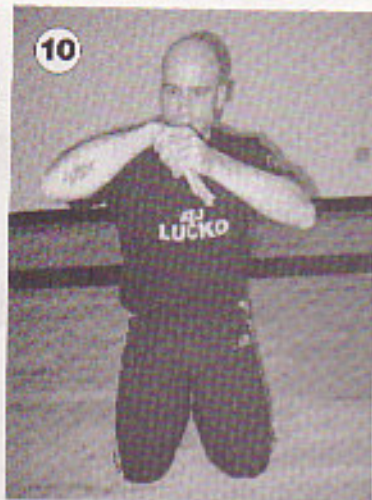
Now extend right arm and
stretch for 20 seconds.



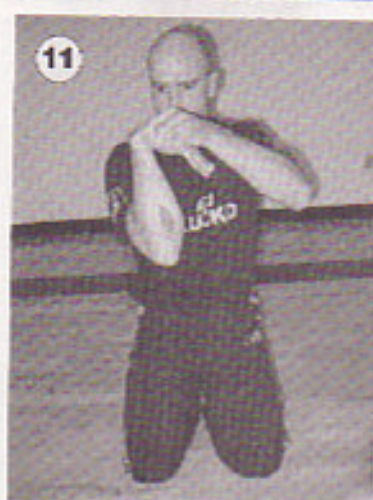
Repeat the same exercise
with your left hand.



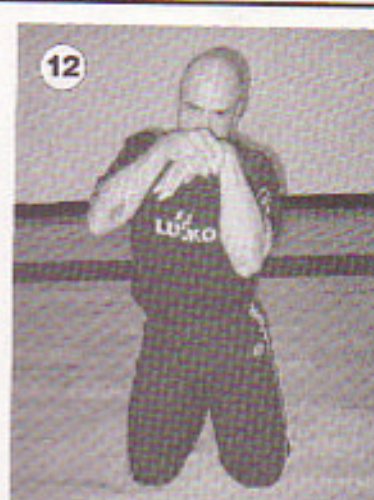
Extend the arm and stretch
for 20 seconds.



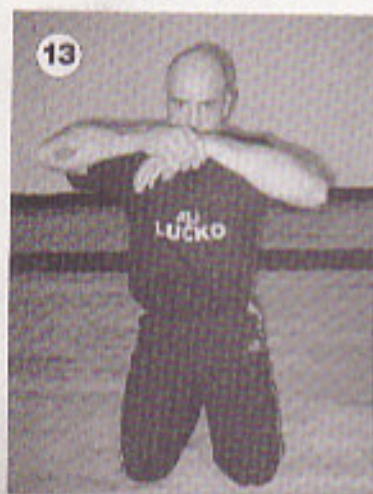
10
Hold the right hand on top with left hand. Stretch down for 20 seconds.



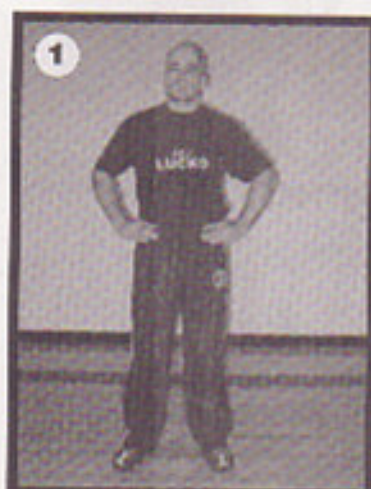
11
Bend the right wrist like this and hold.



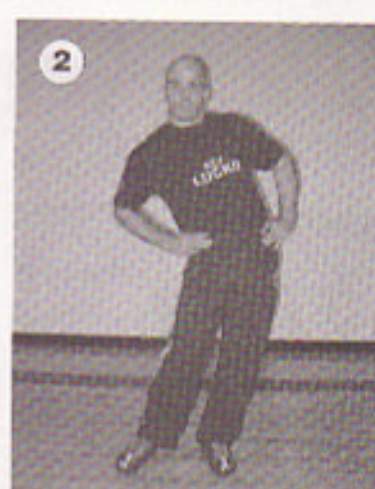
12
Repeat with the left hand.



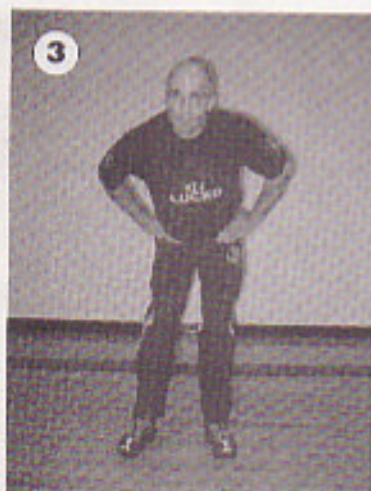
13
Grasp hand and gently pull each wrist. Hold for 20 seconds.



1
Hip Rotations:
Loosen the hips for kicking.



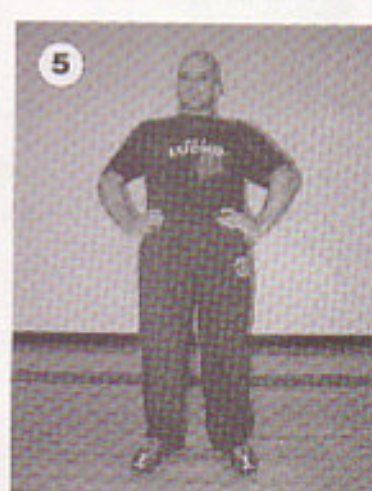
2
Push and stretch your hips to the left.



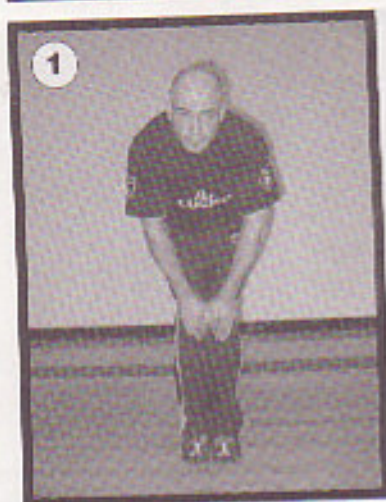
3
Rotate your hips to the back.



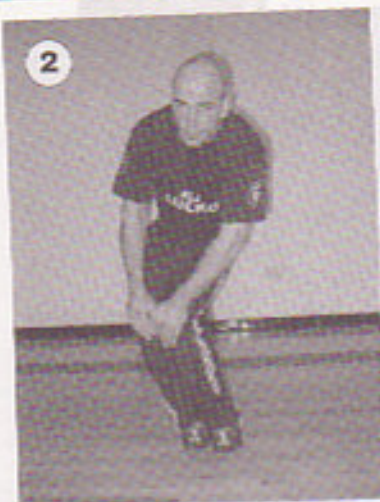
4
Continue rotating hips, moving to the right.



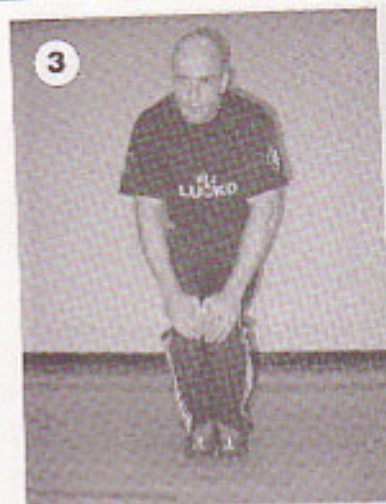
5
Finish by rotating hips forward. Repeat 10 times.



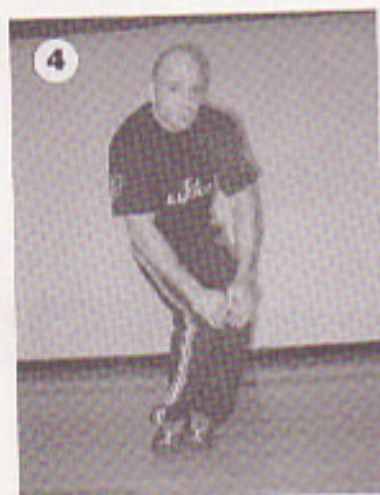
Begin Knee Rotations
with hands on your knees
and knees slightly bent.



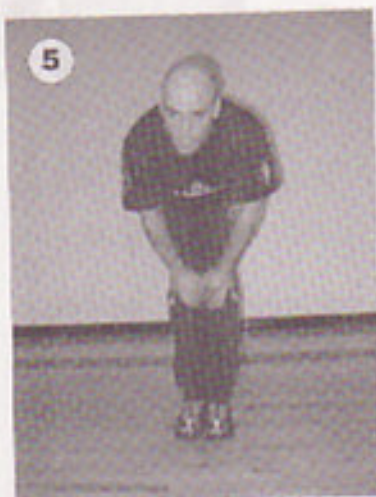
Rotate your knees
to the right.



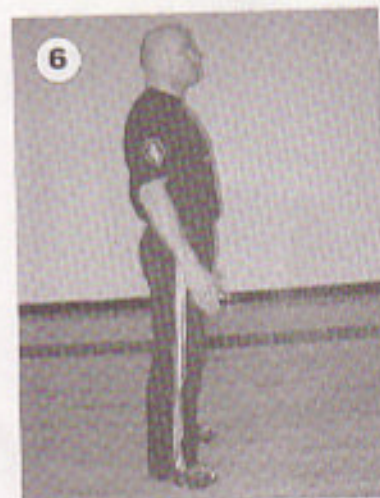
Back to the center.



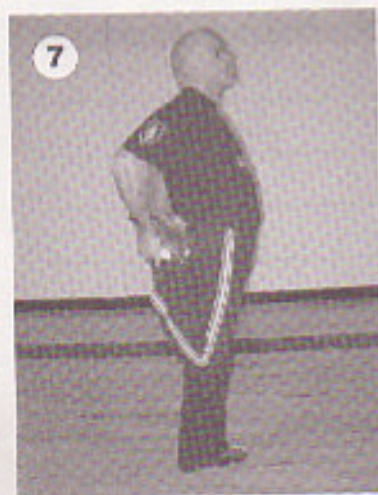
Rotate to the left. Return to
start position. Do 20 reps.



Push back on your
knees to stretch.

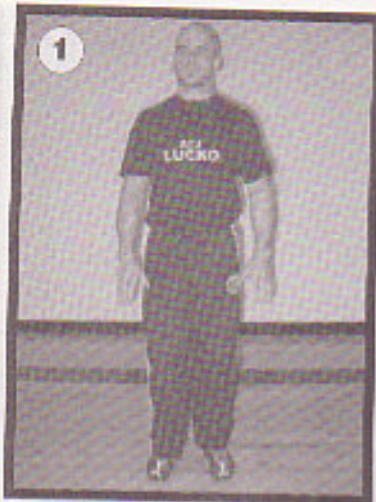


Finish with Standing
Knee Stretches.

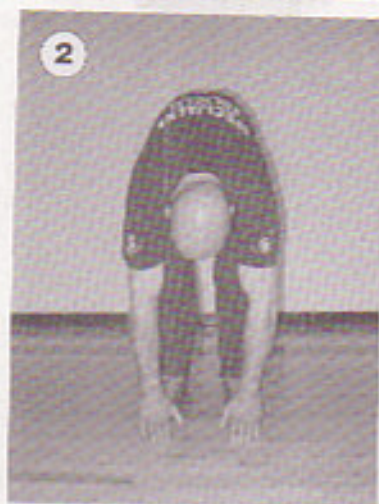


Grab your foot, pull up with
both hands to stretch upper
legs. Do each leg 3 times.

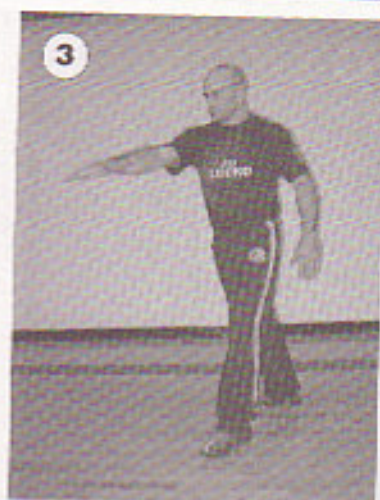
Training Notes



Dynamic Stretching:
Start position.



First stretch your hands to floor. Hold for 30 seconds, hanging relaxed.



Now put your hand out at hip level.



Keeping leg straight, swing your leg up to your hand. Repeat for 10 repetitions.



Next hold your hand at shoulder level.



Swing your leg up straight to your hand. Repeat for 10 repetitions.



Now hold your hand head high.



Swing your leg up straight to your hand. Repeat for 10 repetitions.

Training Notes



Dynamic Stretching: Side leg stretch.
Hold your right hand stomach height.



Swing your leg up sideways to your hand. Repeat for 10 repetitions.



Hold your hand at shoulder height.



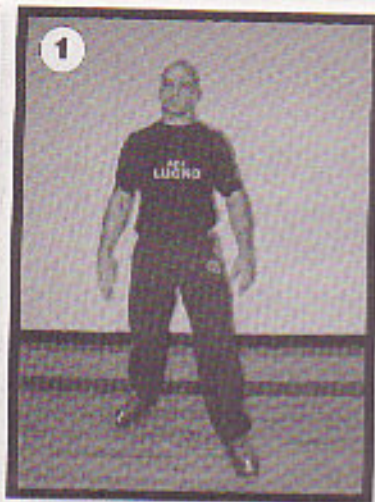
Swing your leg up to you hand, keeping leg straight. Repeat for 10 repetitions.



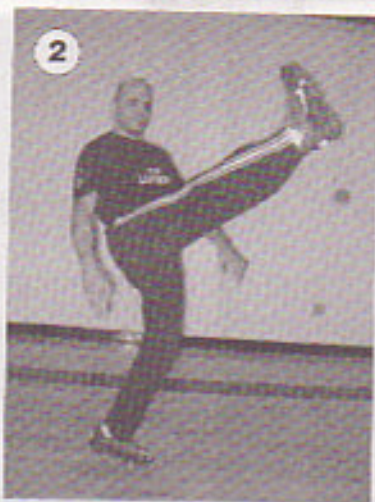
Now hold your hand head high.



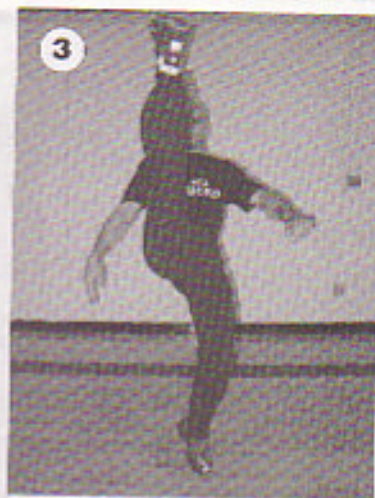
Swing your leg up high to your hand. Repeat with each leg for 10 repetitions.



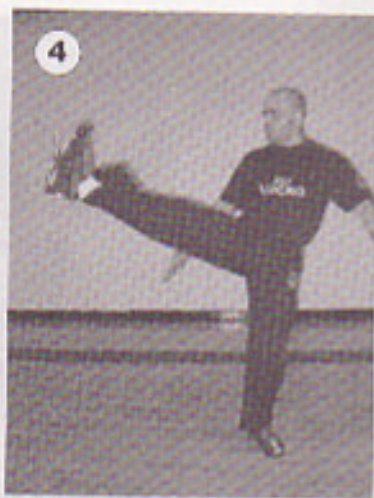
Leg Circles: Start with your right foot back.



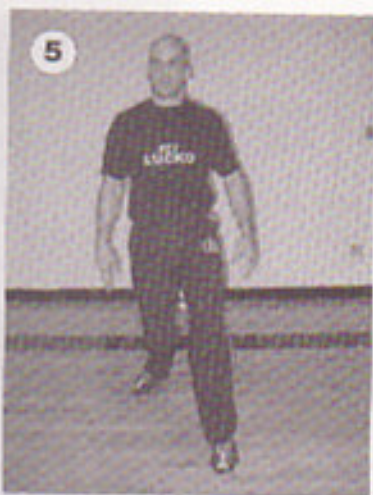
Swing your right leg up and inside to the left.



Keep swinging up
across the front of you.



**Keep going to the right
and back down.**



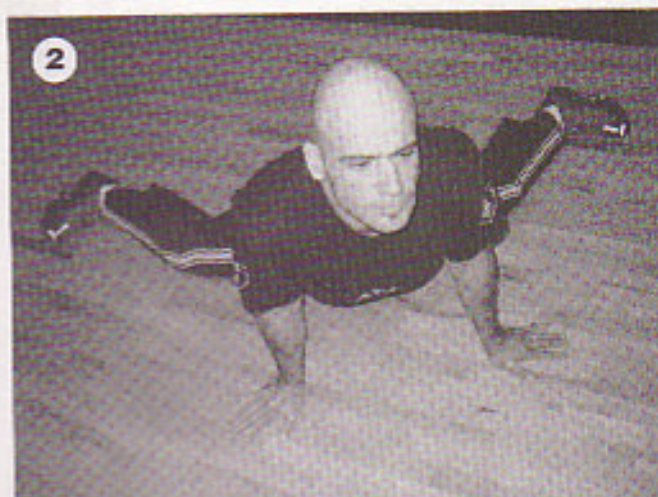
Bring your leg back to start position. Repeat each leg for 10 repetitions.

Training Notes

Blank lined paper with faint, illegible text visible through the paper.



Static Stretches: Warms up all major leg muscles. Start in a half split position.



Push your hips down to the floor.



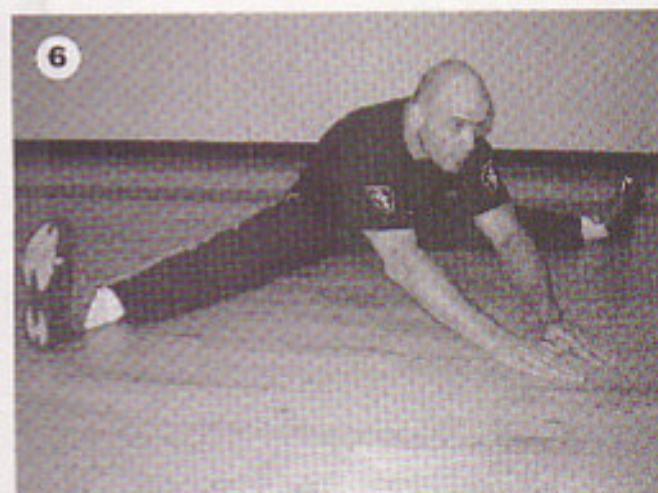
Stretch your upper body up and hold for 20 seconds.



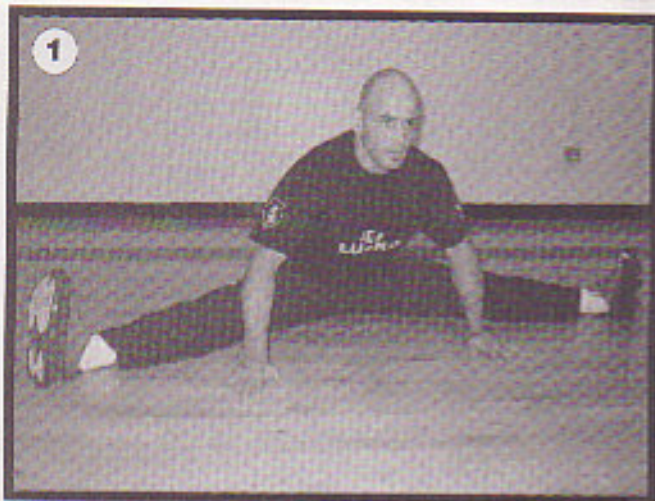
Now come back to the start position and continue holding for 20 seconds.



Again push your hips forward and hold.



Repeat sequence 5 times.



1
Isometri: Sit down your legs as far apart as possible.



2
Grab your right foot with your left hand and hold your head down for 20 seconds.



3
Come up.



4
Now grab the left foot with your right hand and hold your head down for 20 seconds.



5
Push your legs wide apart.



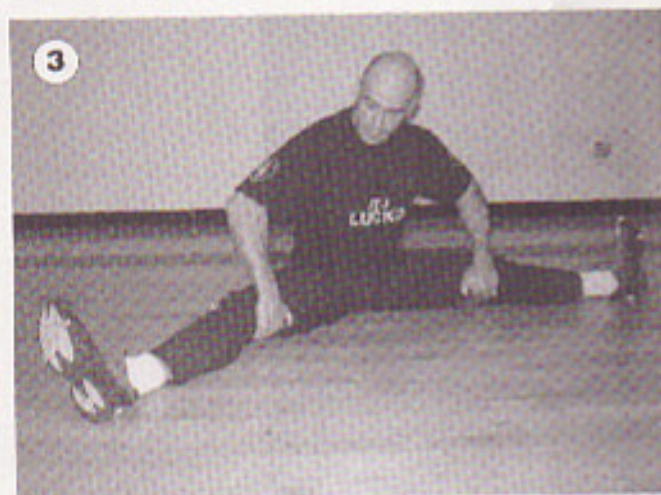
6
Grab both feet, hold your head on the floor for 20 seconds. Repeat sequence 5 times.



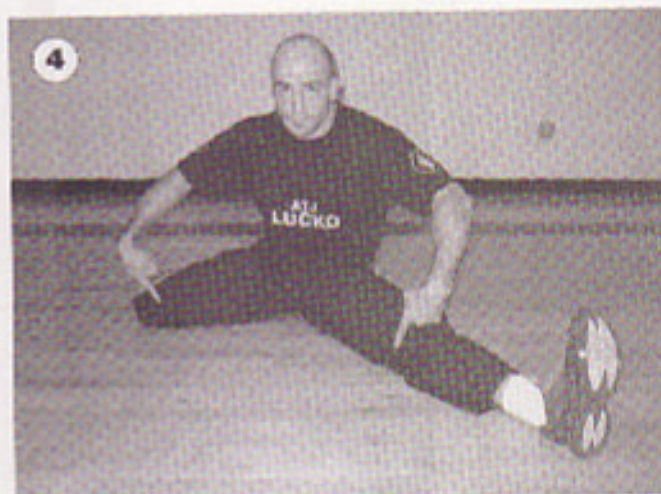
Isometric Stretching:
Start at this point.



Slowly lower yourself part way
and hold for 20 seconds.



Now sit and grab your knees,
pulling backward to spread your legs wide.



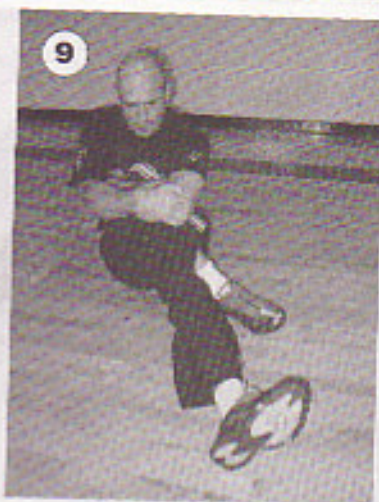
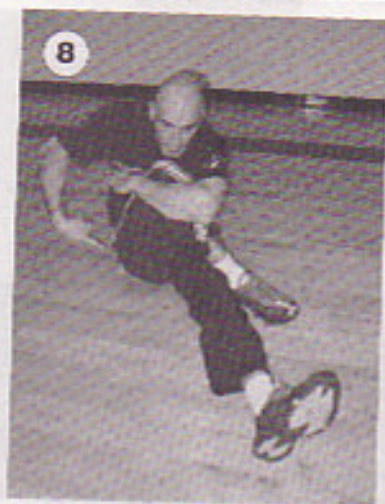
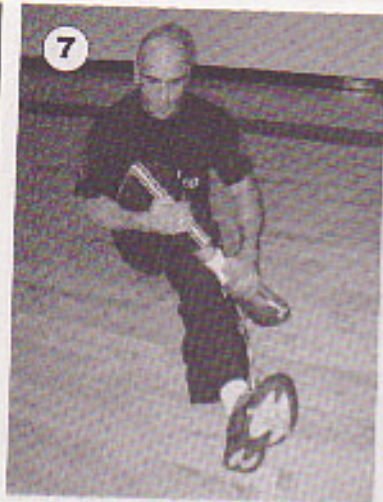
Bring your right knee back to this point
with your left leg straight toes up.



Lean forward, bringing your head
to your knee and hold for 20 seconds.



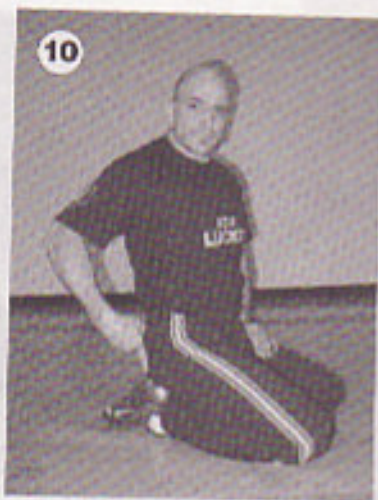
Drop back to loosen upper leg, hold position
for 20 seconds. Repeat with other leg.



Next, cross your right leg over your left like this.

**This exercise stretches
your hip.**

Pull your leg in and hold for 20 seconds. Repeat 3 times for each leg.



Finish routine by sitting on your insteps.

**Slowly fall back and stretch.
Hold for 20 seconds.**

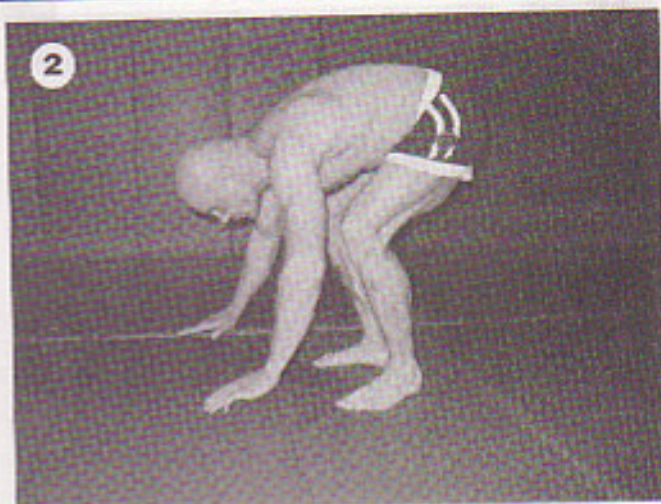
Training Notes

Bas Rutten's Big Book of Combat Volume 1

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Japanese Warm Ups:
These are great for conditioning, trust me.



Go down for a forward somersault.



Roll forward.



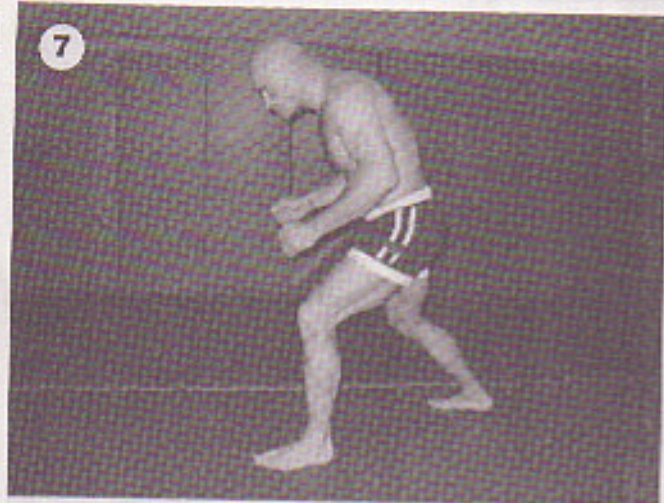
Keep rolling over on your shoulders.



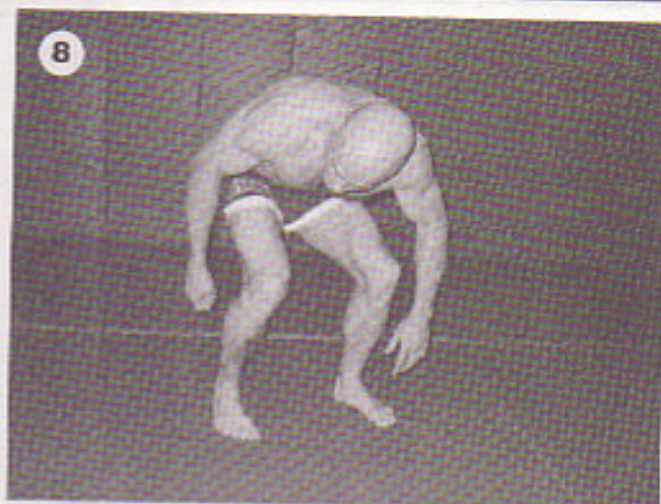
Complete the somersault.



Continue with your momentum
until you are on your feet.



Stand up and step forward.



Twist around to the other direction.



Down and somersault.



Roll over.

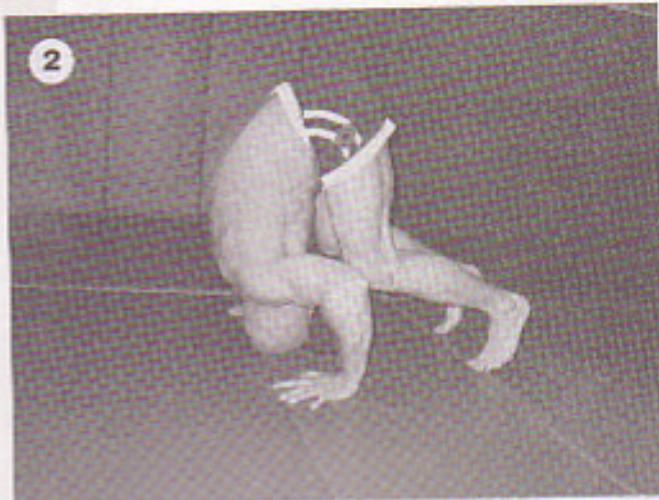


Come up and repeat the entire sequence 6 times.

Training Notes



Kick Up: Start position.



Roll forward, as though you are doing a somersault.



Roll until you are half way over.



At this point kick up in the air.



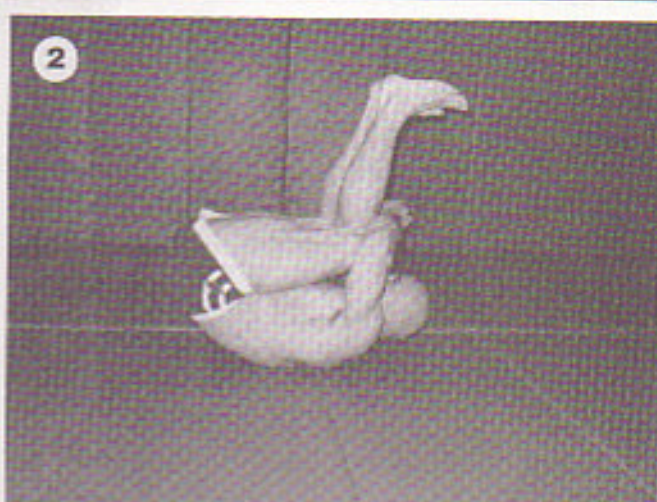
Kick up so you fly forward like this. You are trying to land on your feet.



Land solid, with good balance like this. Now repeat move 10 times.



Ab Killer: Want killer abs? Then do these. Start position.



Roll your knees to your head.



Explode with your legs and body, shooting straight up in the air.



Shoot off the ground, keeping your hands together.



Get high and tuck your legs in.



Come back to start position and repeat technique 20 times.



Hand Stand To Kick Up:
Ready position.



Go to a handstand.



Roll down onto your back.

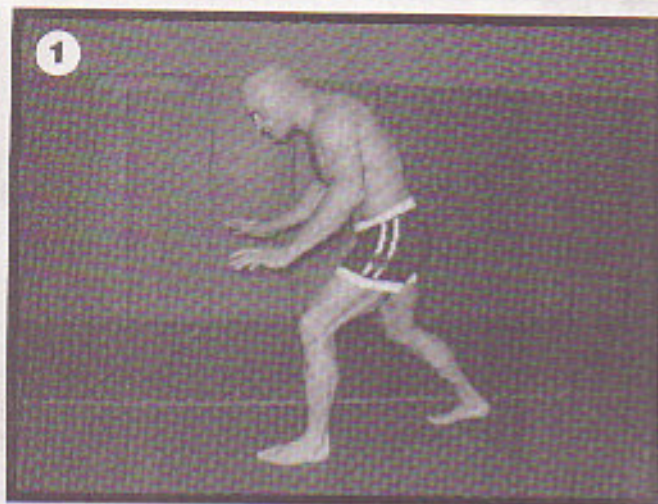


Keep rolling!



Land on your feet in this position.
Repeat 10 times.

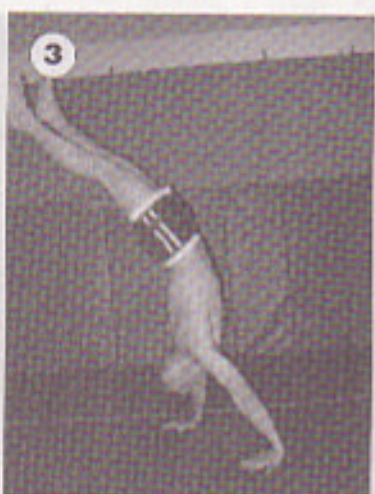
Training Notes



1
Hand Walk: Ready position.



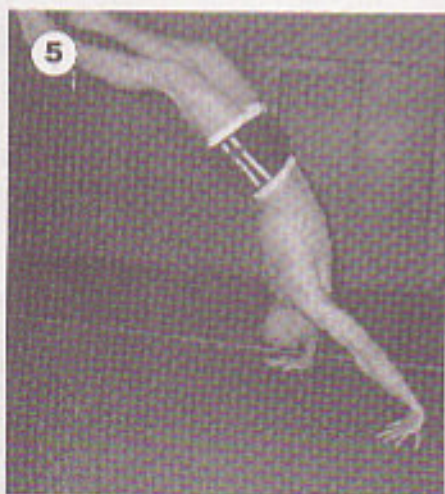
2
Go into a handstand.



3
Walk across the floor on your hands.



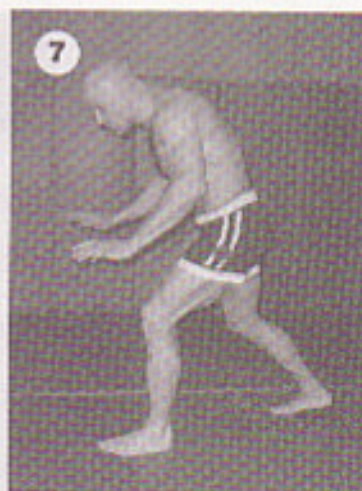
4
Keep your balance and go as far as you can.



5
Then let legs fall over so that you...

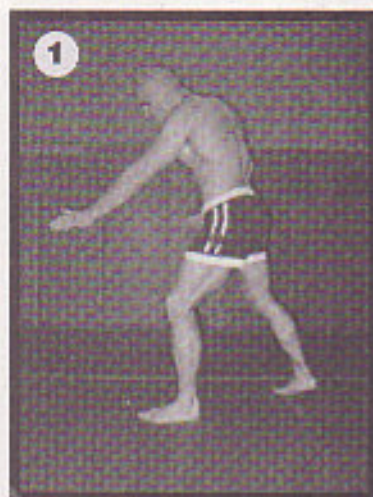


6
...roll and...

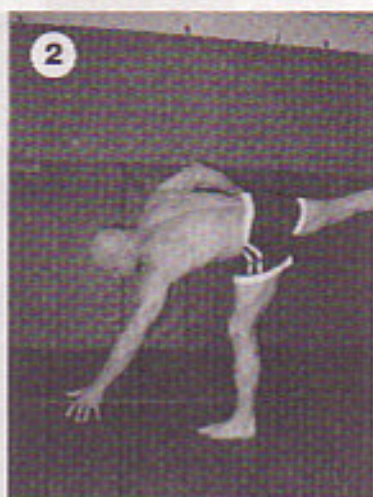


7
...come up into a standing position.

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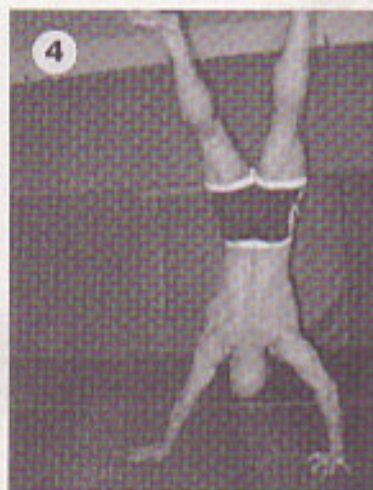
Cart Wheel.
Start position.



Just like when you were
a kid. One hand down.



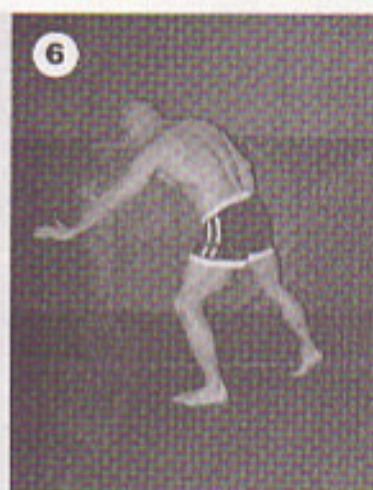
Swing legs over head
into the cartwheel.



Motion takes both legs into the air. Keep going.



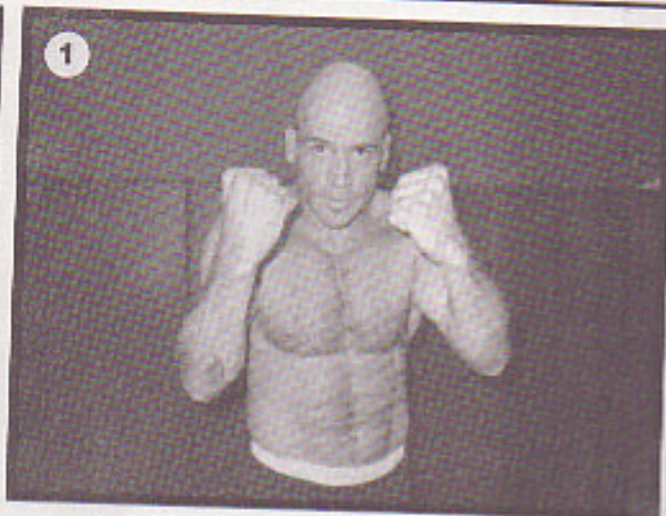
All the way over.



Repeat cartwheels across the gym floor 10 times.

Training Notes

Blank lined paper for writing.



1 **Fist Hand Stands:** Ready position.



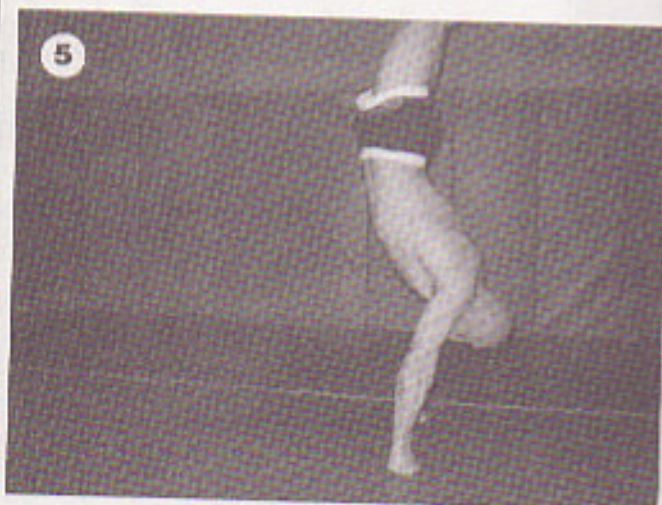
2 Bend down, ready to roll onto back.



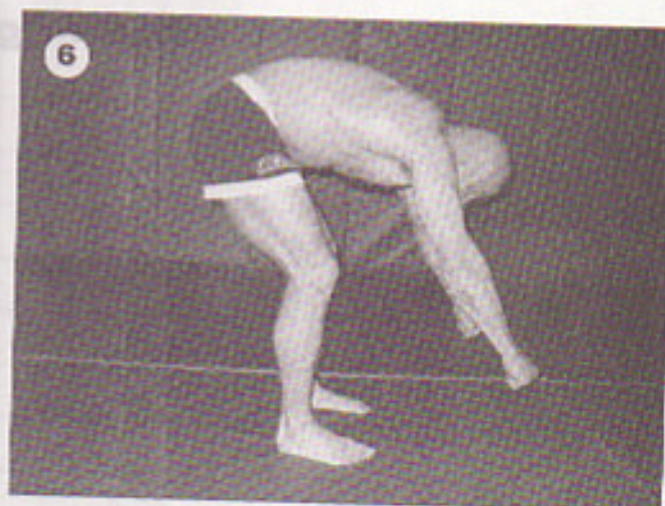
3 Roll backwards, onto your shoulders.



4 Come up on your fists into this position. At this point kick up into a handstand.



5 Extend straight up like this.



6 Come down landing on your feet. Repeat for 10 continuous repetitions.



Snake Escapes: Escape from the bottom training drill. Lock your hands together.



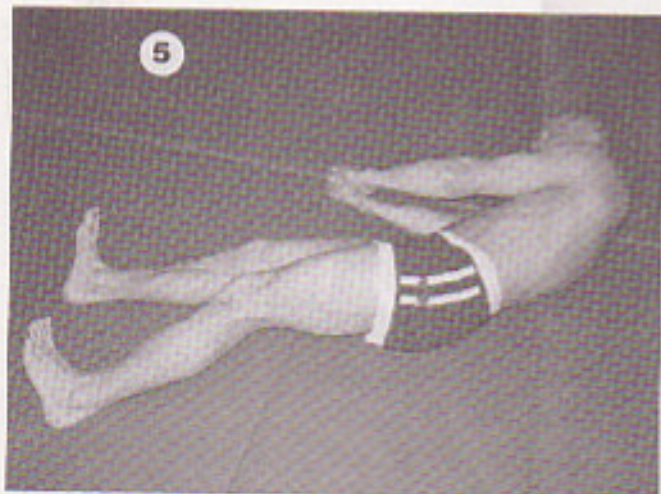
Stretch your legs out and bring your hands down.



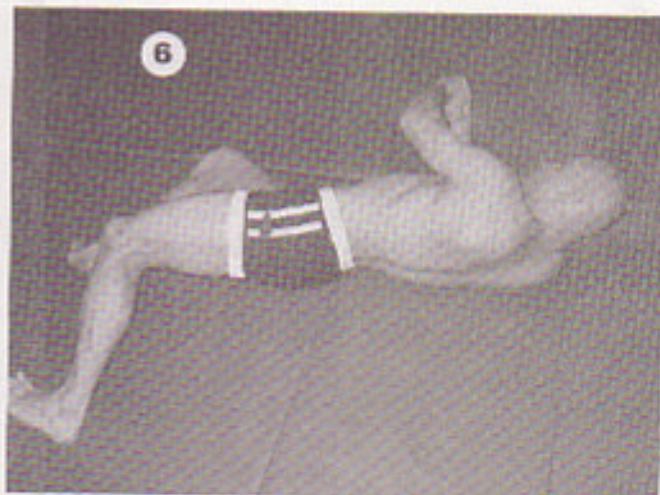
While you pull yourself to your feet...



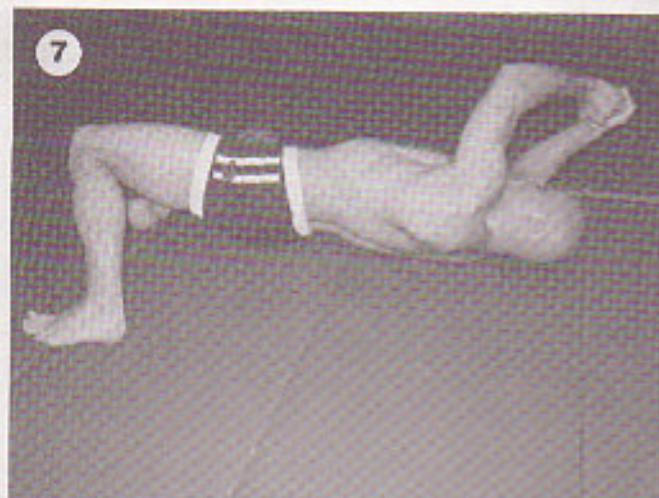
...you throw an imaginary opponent off of you.



Stretch your legs again and now...



...go to your right side.



Repeat the process.



Back to your left side.



Now the same exercise repeats on the left side.



Arms up while your body pulls down to your legs.



Turn repeat to on the right side, etc....



Back to start position.

13



Now bring your feet to your butt
and your hands up.

14



Instead of going down,
push yourself upwards.

15



Bring your hands down
to your feet, pulling up.

16



Now repeat on the right side...
bring your feet up.

17



And do the same thing.

18



And now...

19



Roll to the right side.

20



Roll to the left and do the left side, etc....

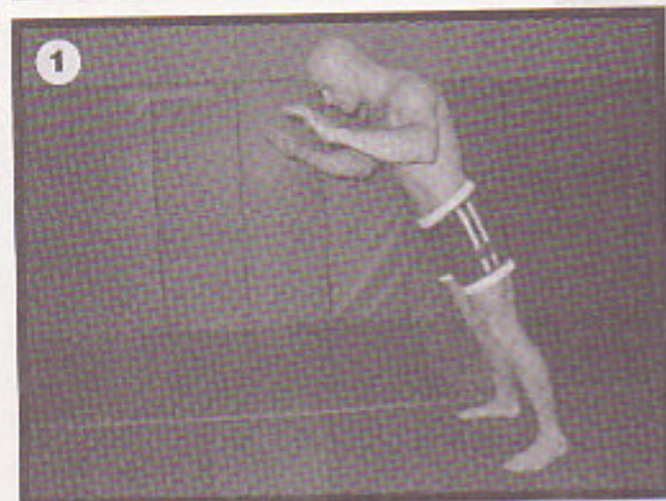
21



Continue the routine. Repeat all of these exercises for 3 continuous minutes.

Training Notes

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1
Front Break Falls: If you are thrown, you know how to land without injury.



2
When falling forward, keep your hands open and arms in front.



3
Land on your arms and slapping the ground with your hands to break the fall. Repeat 10 times.



1
Side Break Fall: You will land on you side.



2
Lift your right leg and arm.



3
Slap your right arm and hand when you land, in order to break your fall. Repeat 10 times each side.



Backward Break Fall: Ready position.



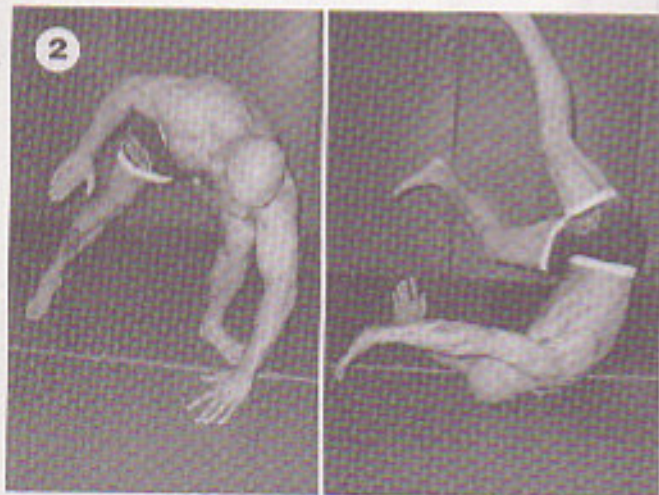
Jump back with your arms out.



Slap your hands on the floor as you land in order to break your fall. Repeat 10 times each side.



Forward Roll Break Fall: Keep your left arm out in front.



Jump forward and roll over your left shoulder.



Slap your right arm and hand on the floor as you land in order to break your fall.



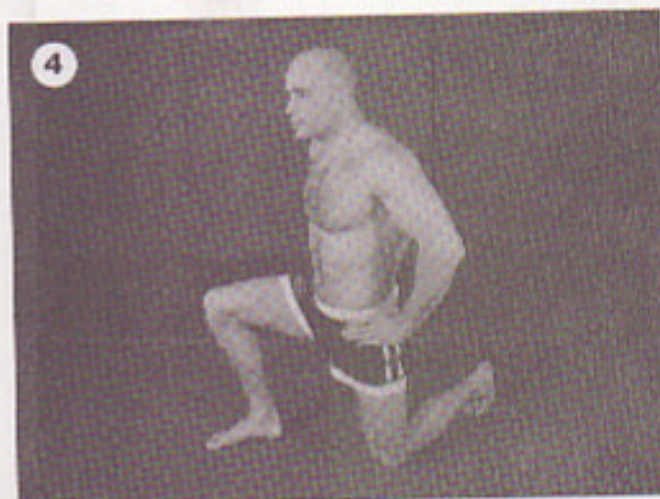
Jump Squats: Ready position.



Need Text



Jump up high.



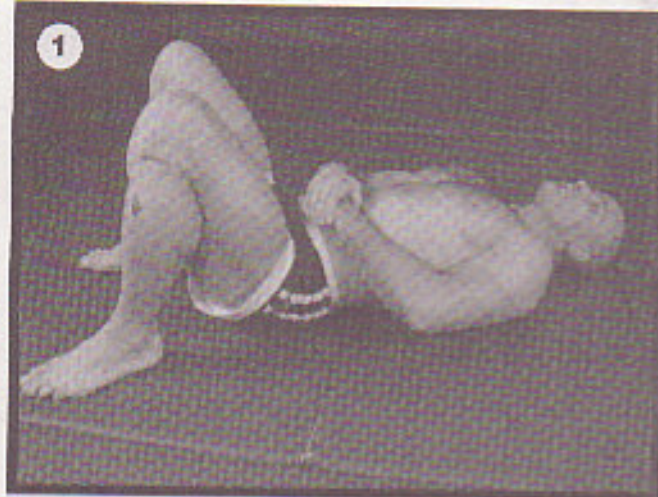
Land on your left knee like this.



Stand and jump high again.



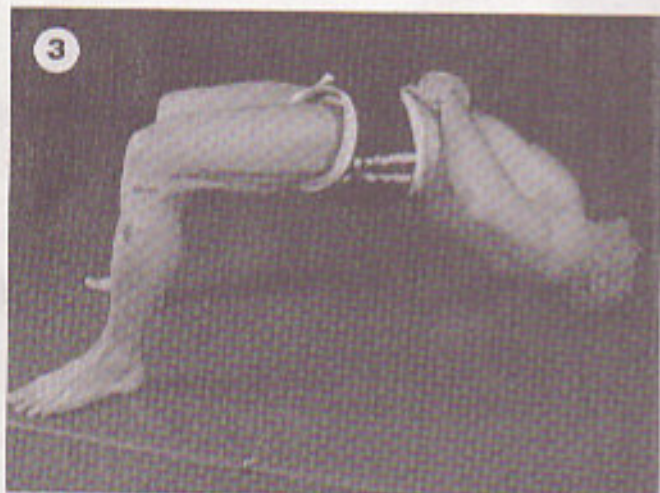
**Now land on the right knee.
Repeat for 30 seconds, then...**



1 ...immediately go to **Neck Bridges**.
Start position.



2 Roll the trunk of your body up.



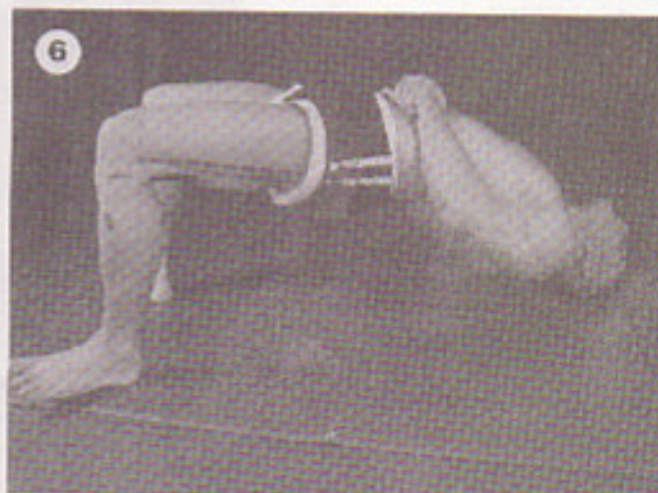
3 Finish with all your weight
on your head and legs.



4 Come down to the start position.



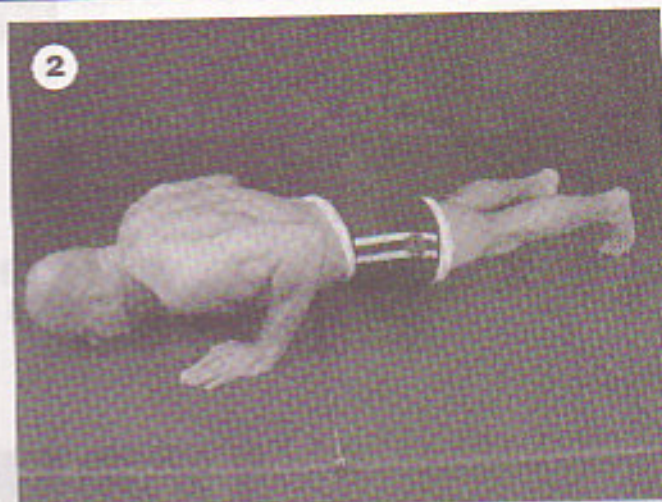
5 Repeat again for
30 seconds.



6 Remember to come up high on your head,
and stretch your neck. Right away start...



1
Push Ups: Your good old upper body muscle builder. Start position.



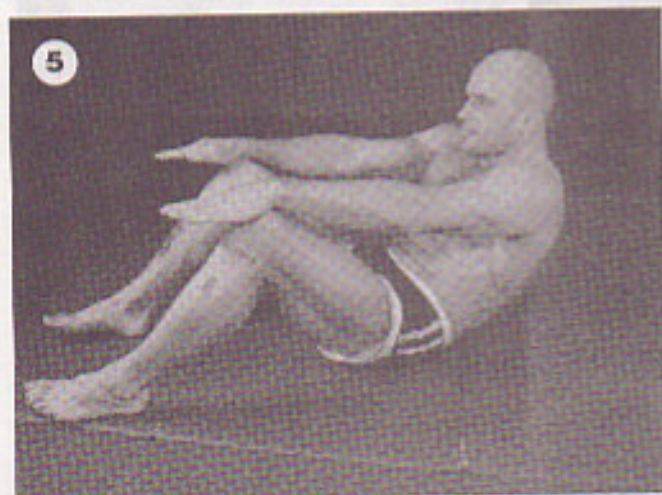
2
Keep your body straight going down and holding the down position for 30 seconds.



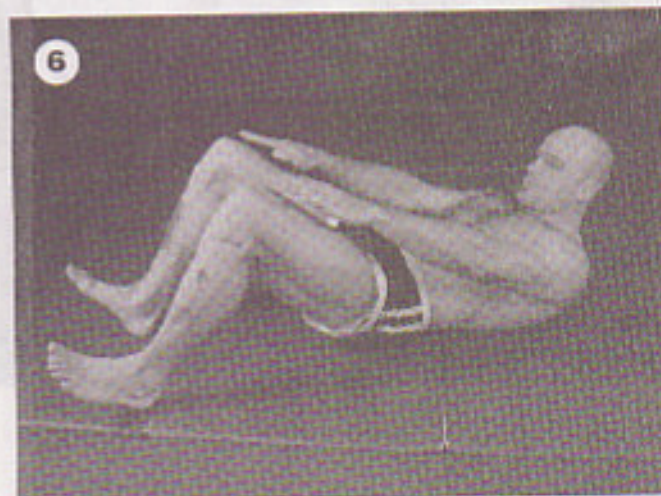
3
Come all the way up.
Repeat for 30 seconds and then start...



4
Sit Ups: Start position.



5
Come up to this point, then lower back...



6
...down to start position. Repeat for 30 seconds each. Start over with Jump Squats.

Pool Fitness Training

Bas Rutten's Big Book of Combat Volume 1



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Pool Fitness Training: The water is a great way to build strength, and endurance.



I like to swim laps underwater to build lung endurance for combat.



Let's go!



Swim full lap underwater. Holding your breath will strengthen your lungs.



Getting close.



Made it. Try for 10 underwater laps.



Water Training Routines:
Here we practice throwing techniques.



Throw your opponent over your head.



Now it is his turn.



Your opponent throws you.
Great strength builder.



Now we practice **Pummeling**
and **Under Hooking Techniques**.



Work back and forth.



Get your arm under his left armpit.



Now go fast back and forth.



Do this exchange of under hooking for 3 minutes continuous.



Keep it fast.



Under hooks are working in.



Keep going nonstop.



Resistance Punching starts by holding each other's hand.



Create resistance as you push on each other's arm.



Make it hard for your partner to move your arms.



A great routine for building power punches.



Now have some fun. Go for **Submission Holds**.



Catch him with a triangle hold.



Pull his head down to choke.



He taps.



The Armbar is a good one to catch him with.



Get the armbar for the submission.



**He taps, you win.
Have fun with it and use your imagination.**

Training Notes

Hill Training & Conditioning Drill



This is a hill that we run.



This is where we start.



We have the tape deck with us to play the Boxing tape from the Bas Rutten's Mixed Martial Arts Workout. You can also use the Thai Boxing tape if you like.



4
We workout to Side B,
using the three minute rounds.



5
We do one complete round and then...



6
...we run up the hill.



7
Here you can see what
the view is up at the top.



8
This is the hill from the side. You can see how long and steep it is.
Going all the way to the top is a killer!! And then we go back down and
do another round of the tape and run uphill again. We do a total of 6 rounds.

Partner Fitness Drills

Remember, **these are fitness drills, not technique drills!** You help your partner here. Something that you wouldn't do when you are grappling or fighting of course.

The title pretty much says it all. After lots of individual fitness drills sometimes the mind gets stale. You can mentally jump-start your conditioning program by working with a partner.

In the first drill I hold my partner's legs. This exercise is for your legs and abs. Next I start with my legs around his waist while he is standing. From this position work your abdominal muscles. Not only is this good for your abs but also it helps develop a strong guard. If you do it barefoot it is the most difficult, with shoes it's much easier.

Then I have an exercise where you practice escaping from your partner's side mount, and then climb on top of him. And then he does it with you.

Another good one is to let your partner lay on you in side mount and do nothing. You bridge up explosively and down. Repeat that for 30 times. You will get a very explosive bridge from that and will escape many situations if you practice it.

You can also start with your partner in the mount position. Get him off A.S.A.P. and then he climbs back on VERY QUICKLY so you can do it again for thirty times. Or, you can do it once, then trade places.

We do these drills as a warm-up and sometimes we do it to finish the training. See what works best for you. Maybe you'll like doing them at the beginning and at the end of your training.

Again, the pictures speak louder than these words here.
Now, **go get tired!**



Partner Sit Ups: Start position.
Sit on his feet holding his legs tight.



Your partner drops down to the floor.



He does the sit up.



Comes back up.



Then stands.



Repeat for 30 repetitions, 3 times each.



Abs/Strong Guard Building Exercise:
Hold your partners shoulders.



Jump up.



Lock your legs around
your partner's waist.



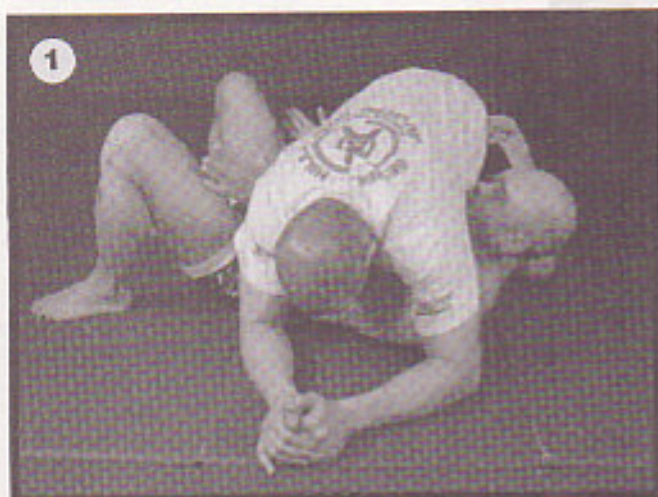
Drop your upper body down to the floor
with your partner holding your legs.



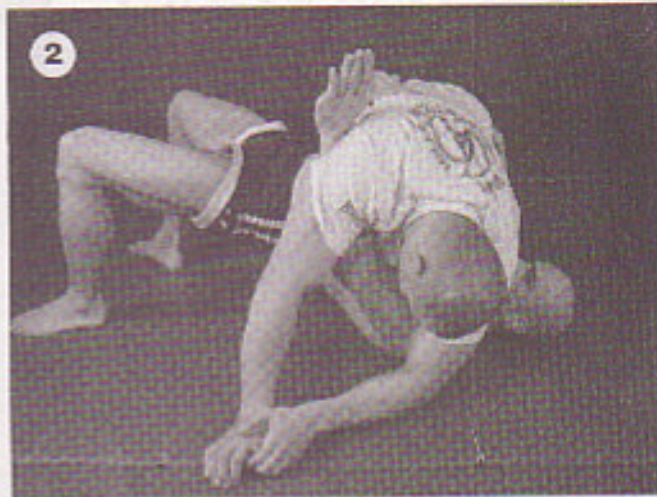
Perform a vertical sit up.



Come all the way up.
Repeat for 30 repetitions, 3 times each.



With your partner on top in the side mount position, put both hands under him.



Now in one continuous movement, bridge your hips up high...



...and push your partner forward and off of you while holding on to his hip...



Flip over and pull yourself up and...



...on top of your partner.



Your partner now repeats the exercise.

7



With his hands underneath...

8



...your partner bridges high with his hips.

9



At the same time pushing...

10



...you off and...

11



...holding on with either hand.

12



Get back to the top position then repeat the drill for 2 to 3 continuous minutes.



1
Your partner is in the side mount position, your feet are in tight to your body.



2
Keep your hands open and up in front of you.



3
Now simply bridge your hips up as high as you can.

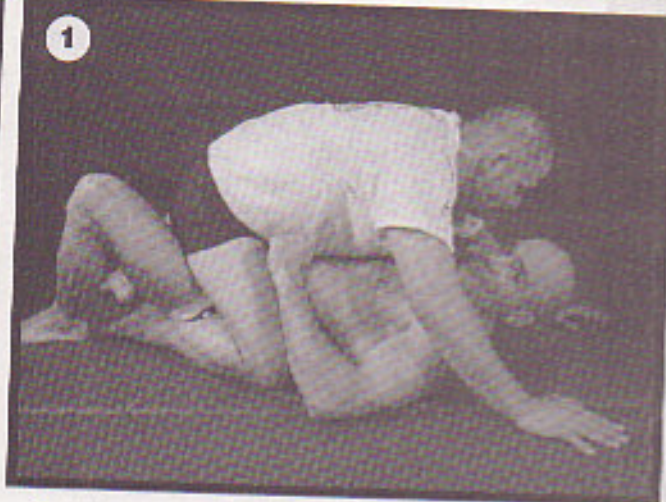


4
Then go back down to the start position.



5
Repeat this endurance building exercise at full speed for 2 or 3 continuous minutes.

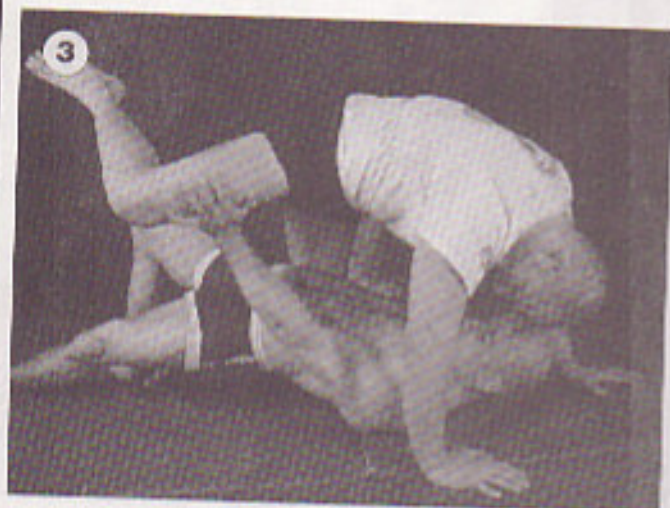
Training Notes



1 This is escape the mount drill. Start with your partner in the top mount position.



2 Bridge your hips up as high as you can.



3 With your left hand, push his right leg up...



4 ...and turn out from under him.



5 Immediately get on his back.



6 Your partner repeats the drill. Perform continuously for 2 to 3 minutes.

Chapter 2

Weight

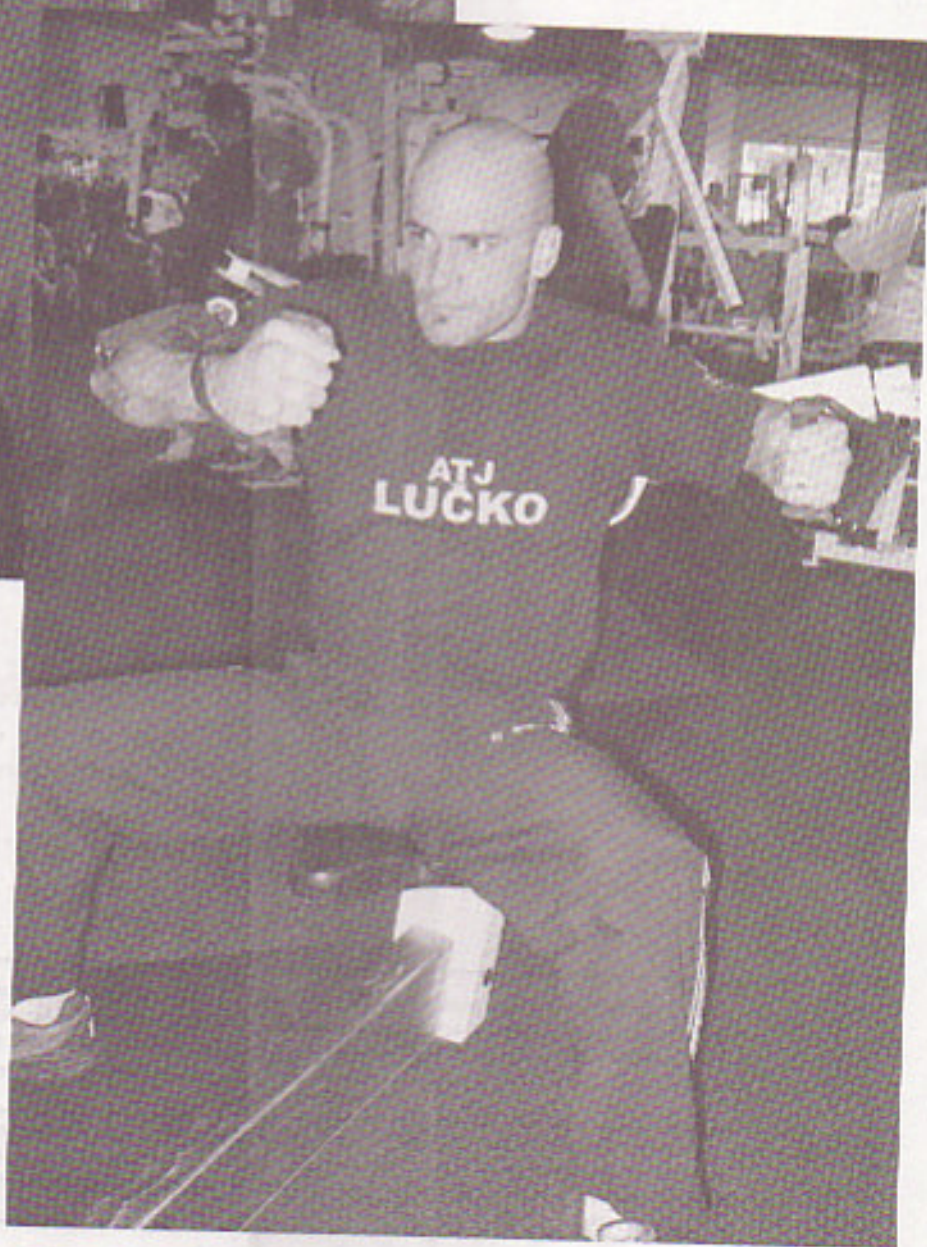
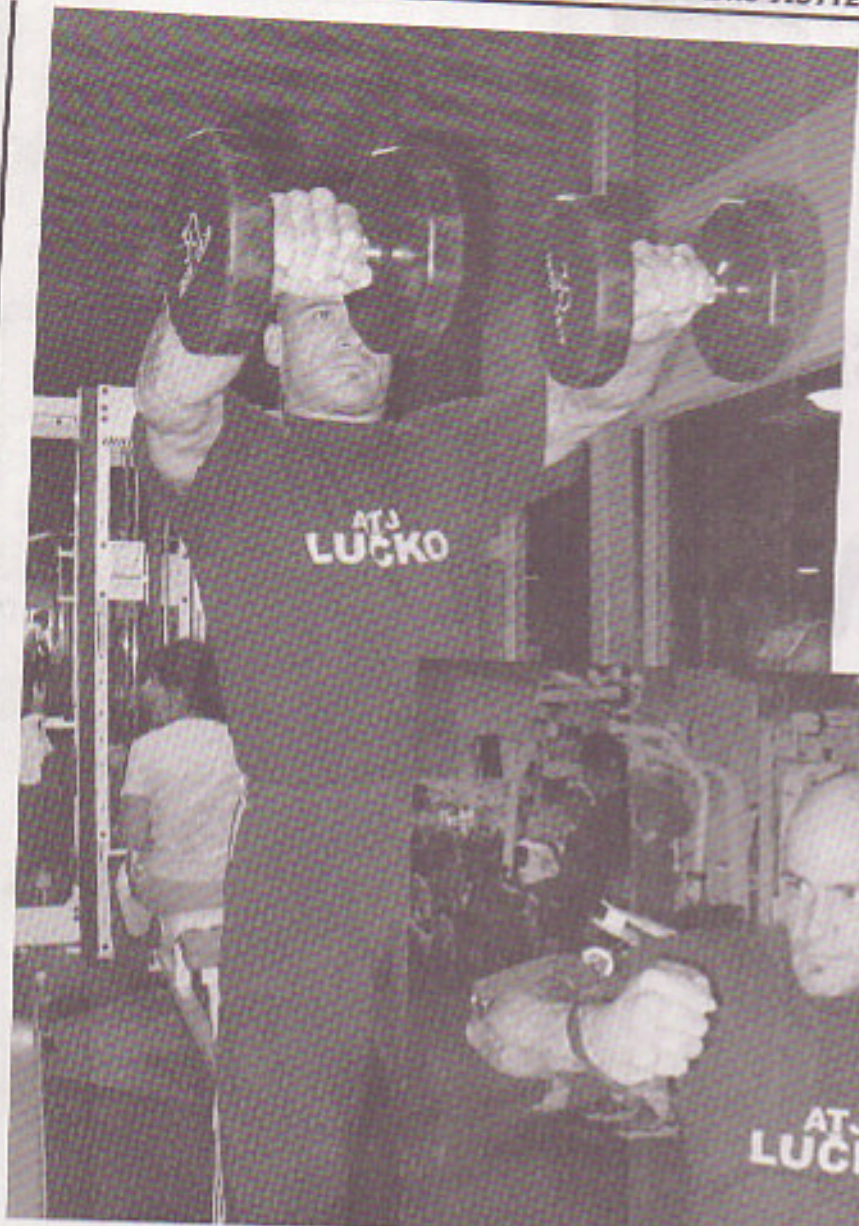
Training



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Weight Training For MMA and NHB

There was a time when strength was supposed to not matter in fighting, only technique mattered. Those days are long gone. Now it is important to be accomplished in both areas, to be the best.

The program that I do is really simple to understand.

I believe that your muscles need to be conditioned. This does not mean that they have to be big, just "conditioned". Big muscles are for people who want to look good. I want to be a good fighter and this is something very different from being a body builder.

So everything that I do, I do a lot of. Many repetitions are the key here. I also do all the muscle groups at one time, except for my legs. My leg training I do by running "the hill".

You will see that I go from a pushing exercise to a pulling exercise, like chest and then back, biceps and then triceps. I take like ten, twelve exercises and I do them all three times each.

I do it with a partner and we go fast. I do the exercise, come off, he does it, he comes off, I go on again, etc. No talking, just training!

On the first run through I try to make at least 25 reps, the second, obviously is going to be less and that counts also for the third time.

Write down what you do, how many times and with what weight, the first, second and third time. This way you can see how much you are improving.

After power training, **STRETCH!**

I train this weight program three times a week. Two weeks before a fight I stop power training. This is called "breaking training" and it allows the muscles to fully recover. By the time the two weeks of NO TRAINING are done you are going crazy and are craving exercise! And what better workout than the fight itself to end the 2-week layoff. During the "breaking training" period stay loose and stretch a little extra. Don't be afraid, you won't loose your power in simply two weeks and you want your muscles to be totally relaxed when you go to your fight.

Good luck!



Dips: Excellent triceps and shoulder building exercise.



Quickly push yourself all the way up.



Lower yourself all the way down.



Push back up to complete. Do 3 sets of 25 repetitions.



Pull Ups: Great for building back muscles.



Start position. Body hanging loose.



Pull all the way up then come back down. Try 3 sets of 25 repetitions.



Seated Press: Great for building punch power.



Push right, keeping your elbows down.



Alternate and push left. Do 3 sets of 25 repetitions.



Vertical Grip Pull Ups: Begin by gripping the bar.



Pull up high.



Notice the grip used. Come all the way down. Do 3 sets of 25 repetitions.



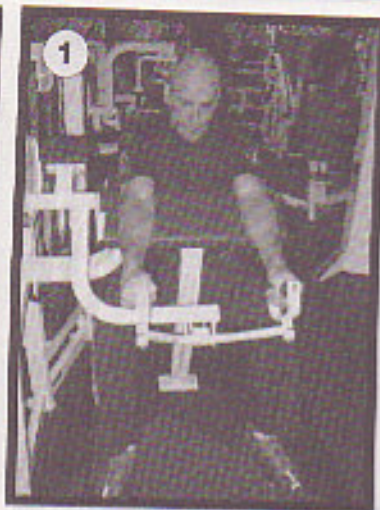
Shoulder Press: Builds shoulder muscles for great power.



Press up.



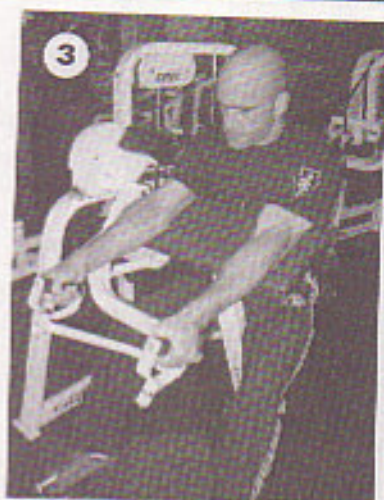
Back down to the start position. Repeat for 3 sets of 25 repetitions.



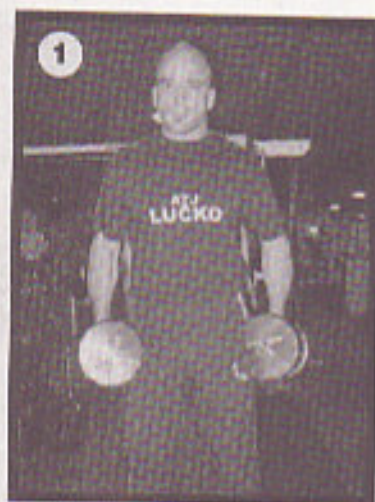
1
Hammer Curls: Notice my vertical hand position.



2
Curl the bar back to your shoulders.



3
Return to start position. Do 3 sets of 25 repetitions.



1
Shoulder Fly's: We'll combine 2 exercises.



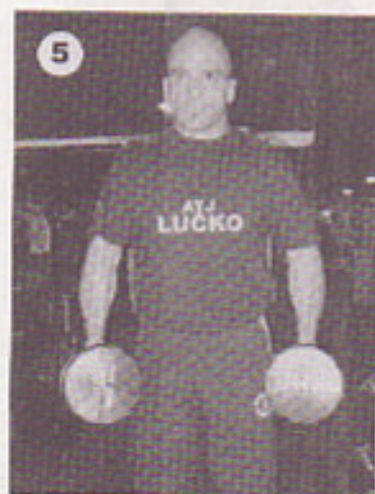
2
Raise your arms out to the sides.



3
Come back down to the start position.



4
Now raise your arms in front, to shoulder height.



5
Back to the start position. Do 3 sets of 25 repetitions.

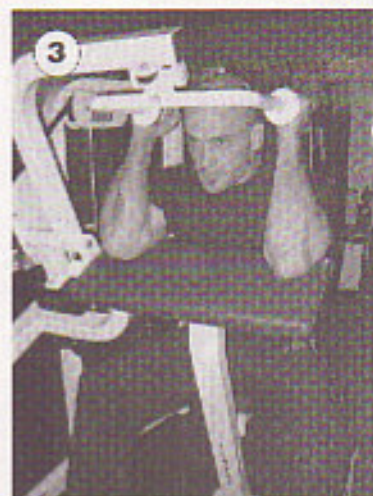
Training Notes



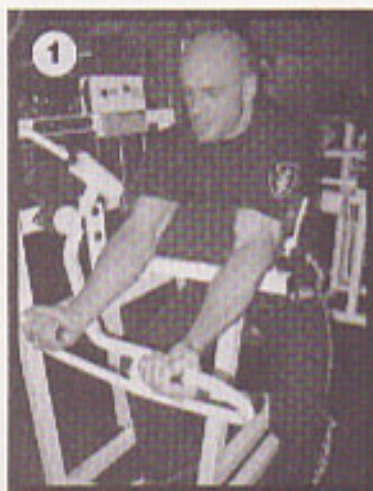
Triceps Press:
Start position.



Press down.



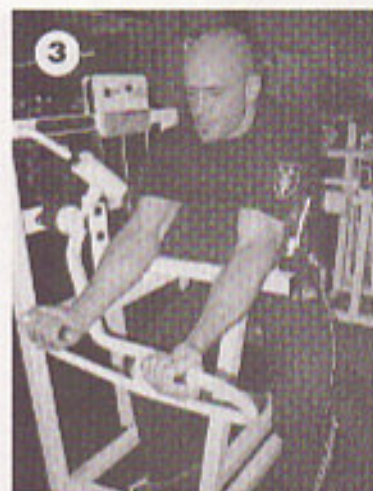
Back up to start position.
Do 3 sets of 25 repetitions.



Bicep Curls:
Notice the hand position.



Curl up.



Down to the start position.
Do 3 sets of 25 repetitions.



Cable Punch Training:
Start position for hook
punch to the head.



Hook around from the
outside in with the cable.



Complete the hook punch
exercise at this point.



Repeat now
with the left hand.



Hook your left hand
from the outside in.



Complete the hook punch
to the head.
Do 3 sets of 25 repetitions



Body Punches:
Great routine for building
power in your body shots.



Left hook punch comes from
the outside into the body.



Punch completed
at this point.



Now repeat sequence
with the right hand.



Bring the punch into the
body from the outside.



Complete the punch
by bringing it to this point.
Do 3 sets of 25 repetitions.

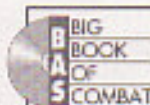
Training Notes

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Chapter 3

Stand-Up Punching and Elbow Striking Techniques



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Stand Up Punching and Elbows

The ultimate strike, whether it be a punch, elbow, knee or kick, results in a knockout, which can not only please the onlookers but end the possibility of you losing as well, especially in a street fight. Both speed and power are equal ingredients for effective striking because if you are not fast enough to connect or make contact with a strike it is useless. And if you are not powerful enough to do damage when your strike lands it is also of little value.

The first thing I want you to do is look at my fighting stance. I stand wider then other fighters. I will explain to you why that is (also follow the pictures).

If your feet are standing shoulder wide and your shoulders are in one line, you will have more power in your left arm, because now you can twist your upper body to the right if you punch with the left.

If your left foot stands almost in front of your right foot (if you are right handed), you will have very little power in the left hand. So in order to throw a hard left hand you have to twist your upper body to the left before you attack with the left punch OR you will have to set your left hand up by first throwing a right straight punch.

Why go through all this trouble? Just stand with your feet shoulder wide and the problem of no power in your left is over. Now you suddenly have instead of a jab, a power punch in your left. (Later on you will see that this will help you also in kicking)

I will show you both closed fist and palm strikes.

In order to punch hard you have to be in the right punching range. The best power you have happens at roughly the last 4 inches of your reach. It is at that time the punch should be travelling at full speed.

This is also why when you see a short boxer competing against a taller one; the short boxer gets the instructions to fight close to his opponent. His punches will be stronger there then his larger opponent. That's why the larger opponent instructions will be to keep his opponent away from him with his long arms, so that he can use his reach.

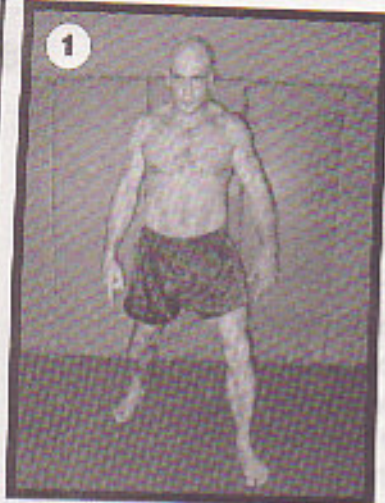
It is logical that if somebody wants to punch you and you close the distance at that moment, the punch cannot reach it's full speed and won't have real power in it. In Pancrase I broke my hand when I punched a larger opponent to the head with a palm strike at the same moment that he came forward for a takedown. My hand was not at full speed yet and I also didn't tense my muscles yet in my hand for the impact, the result was that I broke my hand.

So, lets say that if you start with a right straight to the head and your opponent walks backwards. In order to be effective you have to follow him, you have to make sure that at all times the distance between you two stays the same. That means that if he walks forward, you have to go backward. By the way, this is the most

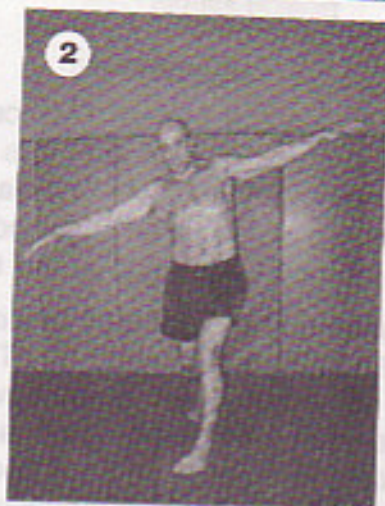
difficult part of boxing. Keeping the same distance! Only years of experience will help you in this and still then, this is very difficult. That's why it is very important to train in other ways besides just on a heavy bag. Train also on the focus mitts and let your partner come forward and move backward while you hit the focus mitts.

I will show you also elbows in this Chapter, one of the most dangerous weapons in NHB fighting and Thai Boxing. The elbow is the largest striking bone (other than your head) above the waist and it can knock an opponent out or cut them very easily. Like punching, proper distancing is crucial for elbow strikes. Because the elbow strike is approximately half the length of a punch you have to be very close to your opponent to deliver one. It cannot be stated enough that when you are that close you are susceptible to a counter elbow (not to mention a headbutt or a takedown). So use the other hand or arm as your defensive shield when you throw an elbow. The elbow is one of the best weapons for self-defense ...so be careful!

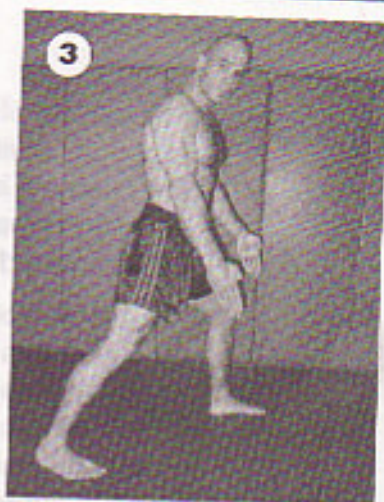




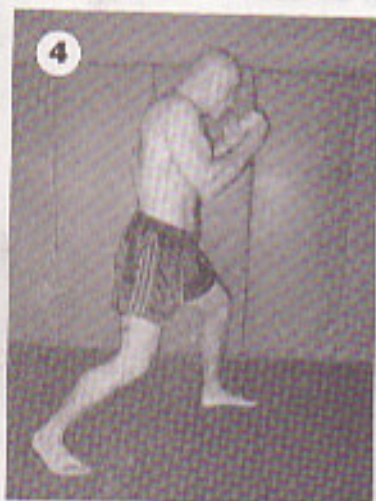
For a strong **Fighting Stance**, stand like this.



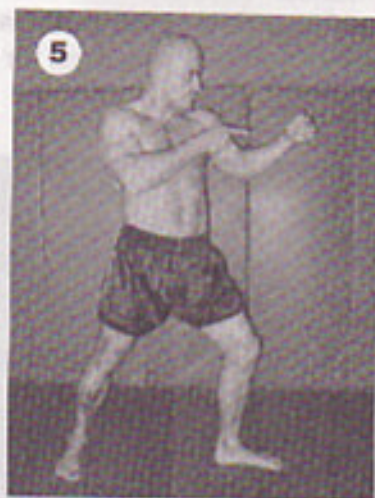
Never stand in one line. You lack balance & power.



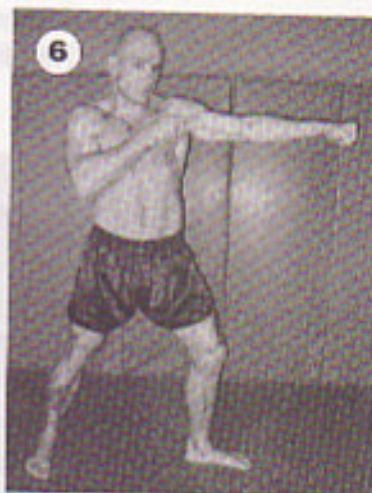
Your feet should be shoulder width apart.



This stance allows the body to twist into punches.

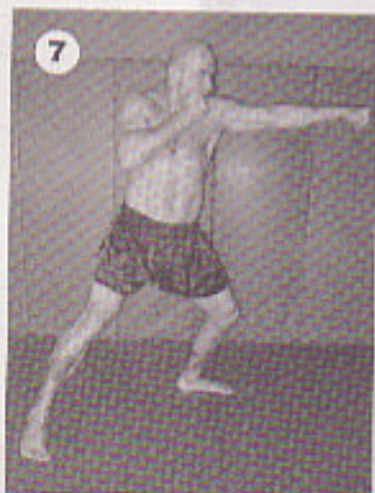


To stand sideways on one line is a weak striking position.

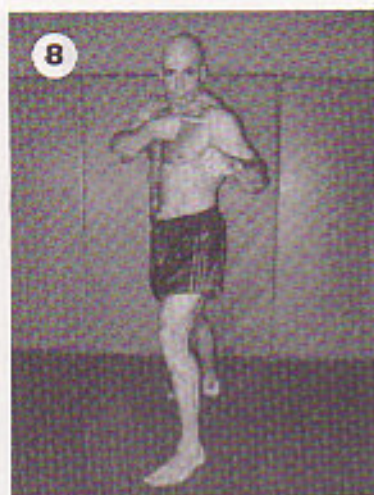


Your punches will be weak with *only* arm power.

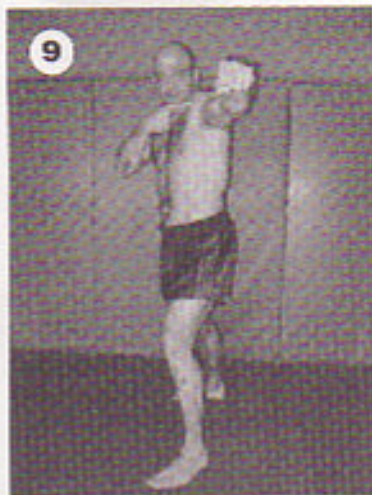
Training Notes



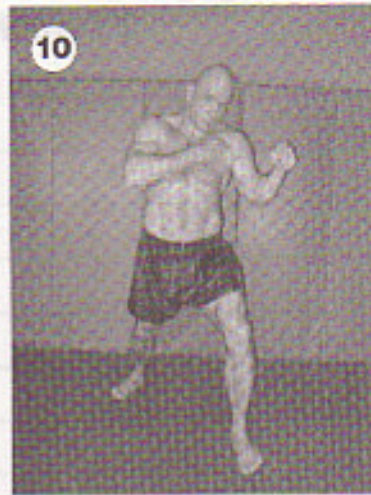
This stance enables you to put your *entire body* behind your strikes.



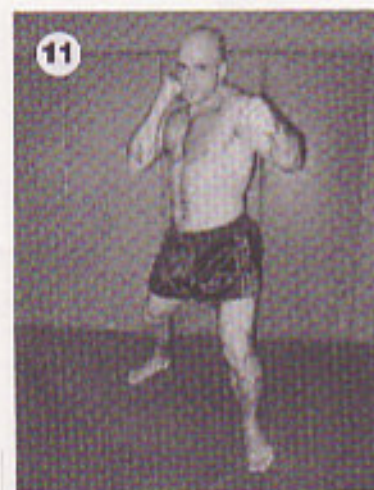
Let's look at the weak stance from the front.



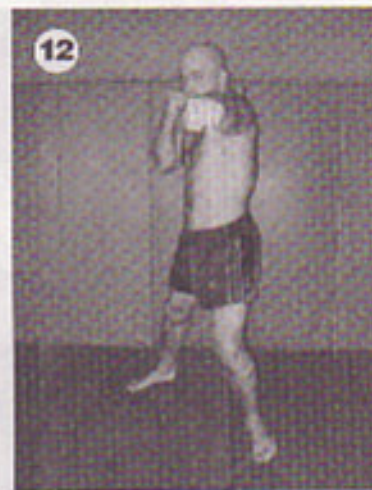
Only arm power is not enough.



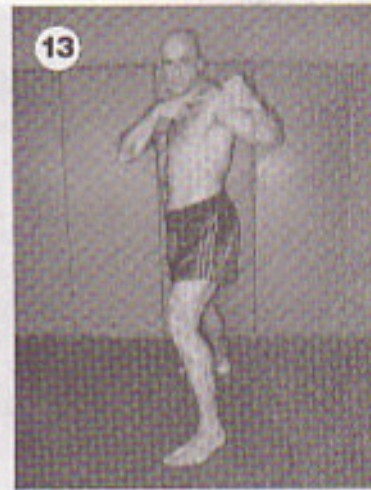
Now when shoulders and stance are squared...



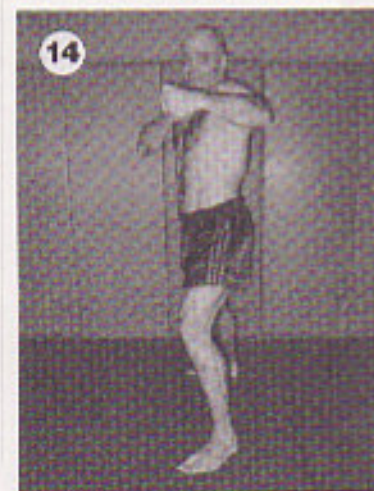
You are able to put your whole body behind the punch.



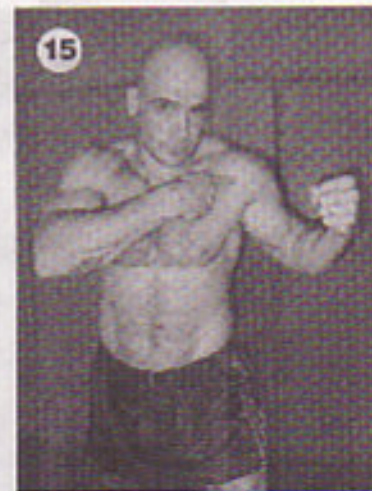
You have way more power and destruction.



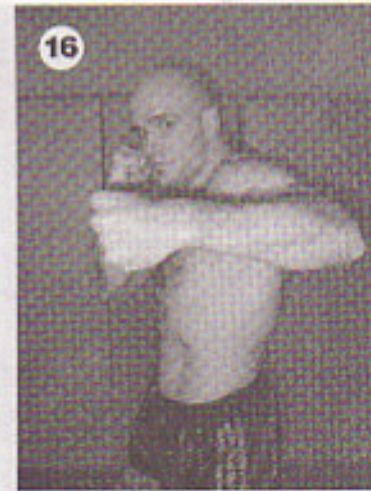
When trying to hook a punch from here, you have no power.



This won't hurt a fly.

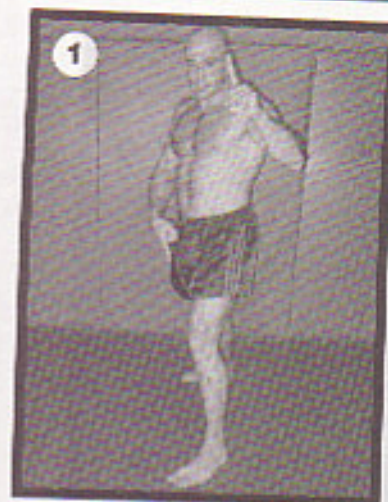


Now when your shoulder is squared back, you achieve ultimate power.



This left hook will take your opponents head off.

Training Notes



Also when your stance is weak like this...



It is very difficult to check a low kick.



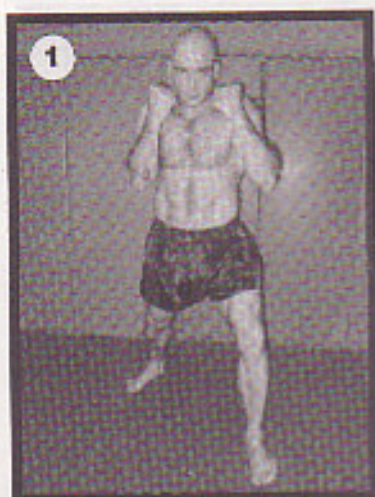
You are not in a good position to stop your opponent from making contact.



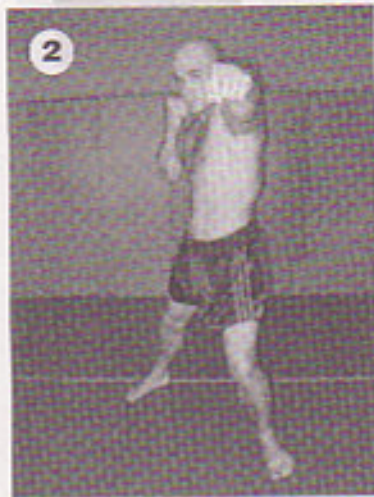
When your stance is wide and strong it's easy to stop a kick.



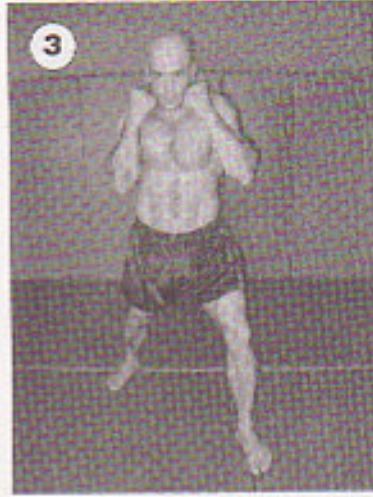
You only have to lift your foot up a short way to block your opponents kick.



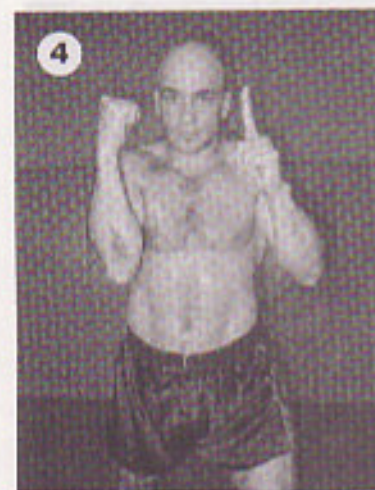
Now lets do
the **straight punch**.



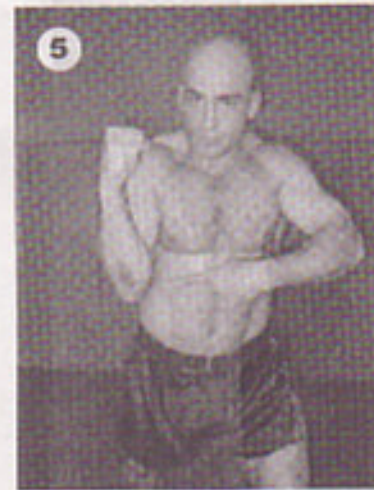
Strike with a left straight
punch to the face.



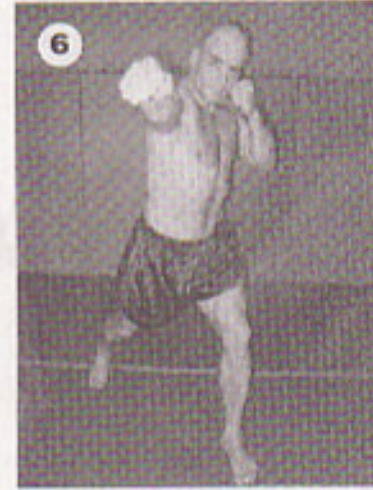
After striking come back to
ready position.



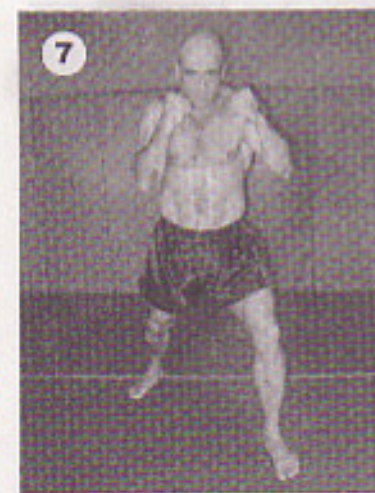
An important point!



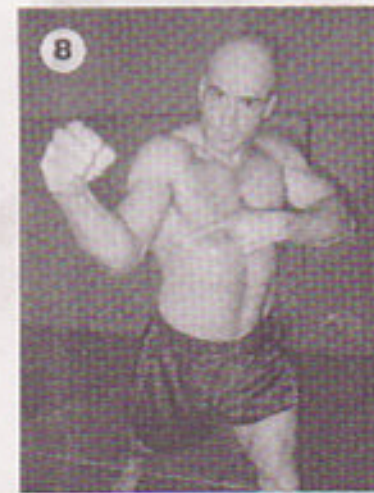
Keep your elbow pointed
down, kept in at your sides,
when striking.



Right straight punch.



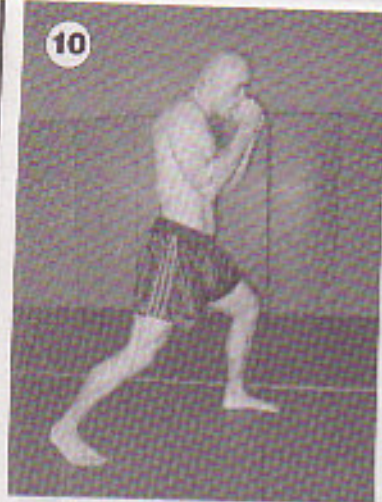
Having your arms
at your sides also
protects your body.



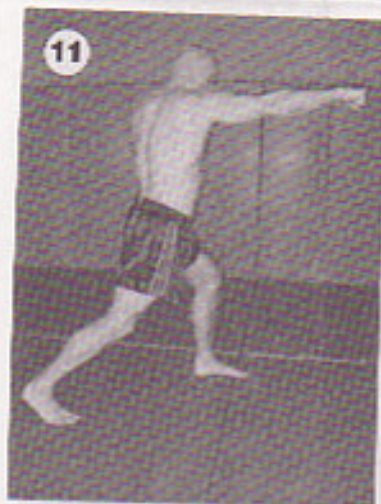
Having the elbows out
leaves you unprotected.



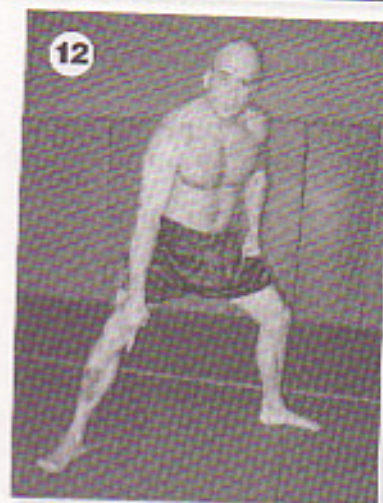
Right straight punch
using the entire body
behind the punch.



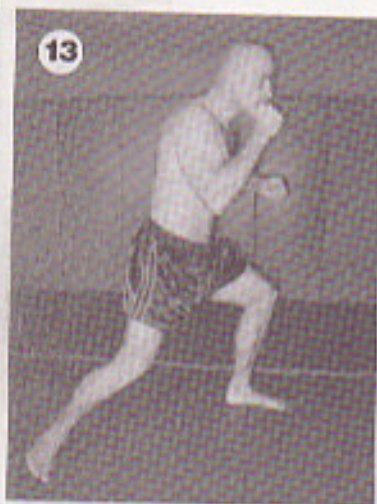
10 Side view fighting stance.



11 Right straight punch to the head.



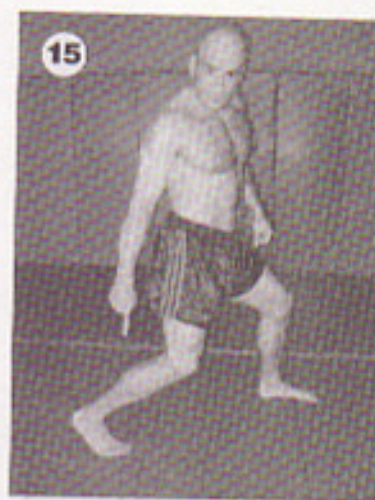
12 Do *not* have your back foot like this.



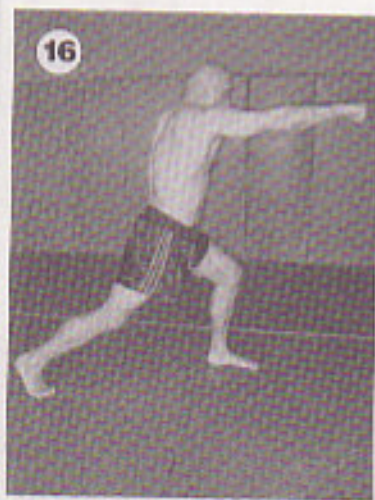
13 This is bad because you have no explosive power.



14 You can't push off your back foot properly.



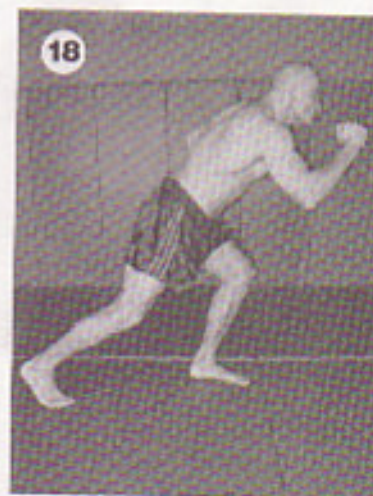
15 This is the correct foot position when punching.



16 Look at how my body explodes into the punch.

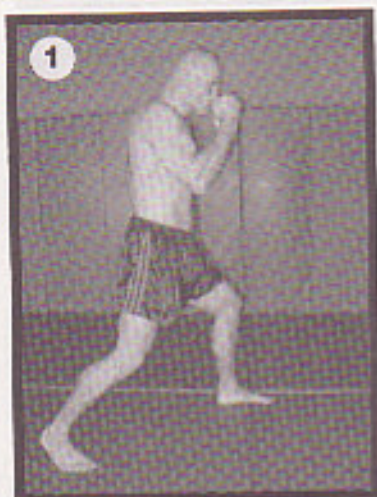


17 It's like getting ready to run a race.

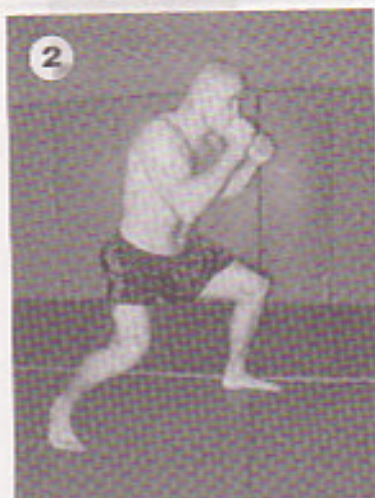


18 Explode forward by pushing off the back foot.

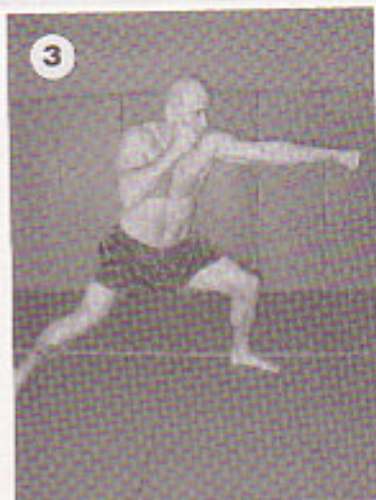
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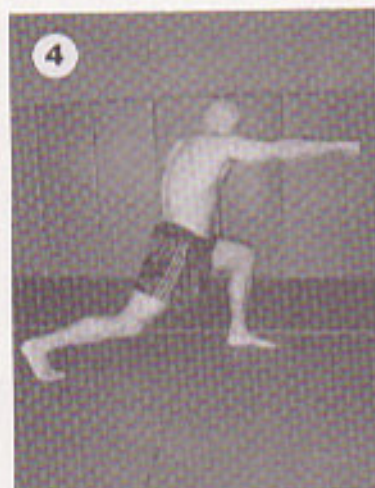
When you make a left straight punch to the body...



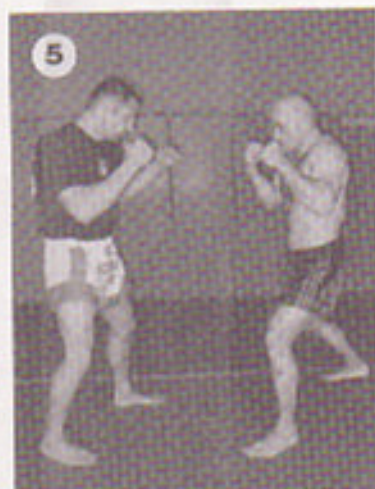
Same stance, but now go low.



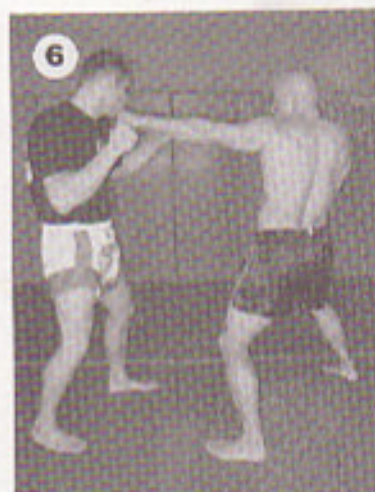
Punch forward into the body.



Right straight punch to the body.



Now strikes on an opponent.



Left straight punch to the head.



Right straight punch to the head.

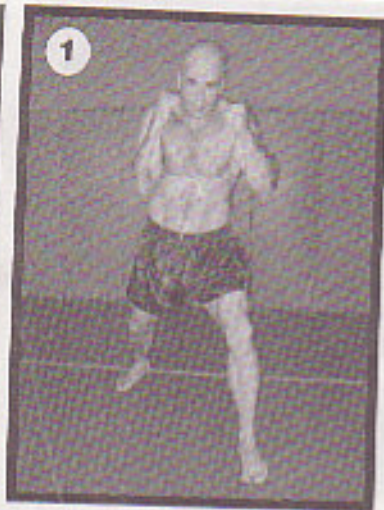


Left straight punch to the body.

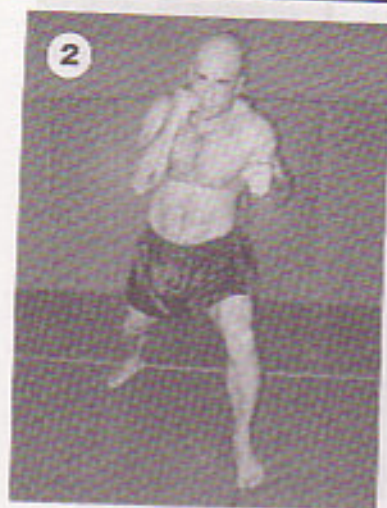


Right straight punch to the body.

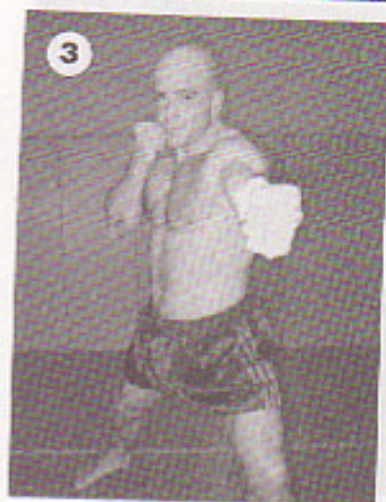
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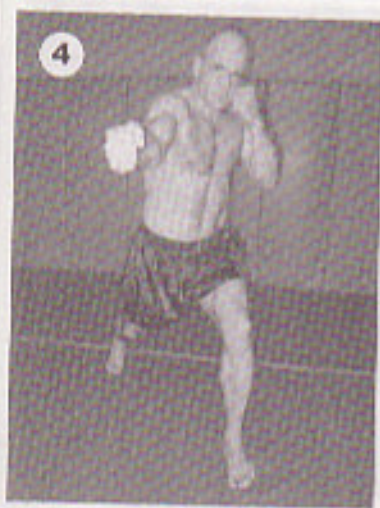
**Now a Vertical
Straight Punch
to the body.**



**This is a shorter punch,
starting at this point.**



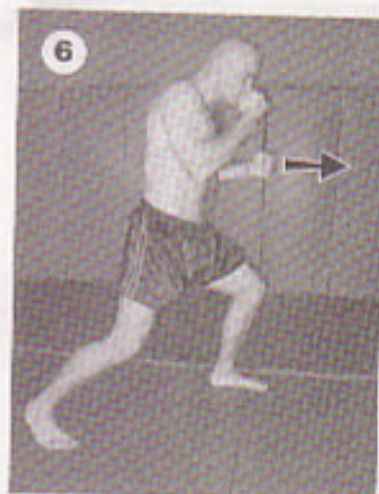
**Shoot the punch
straight into the body.**



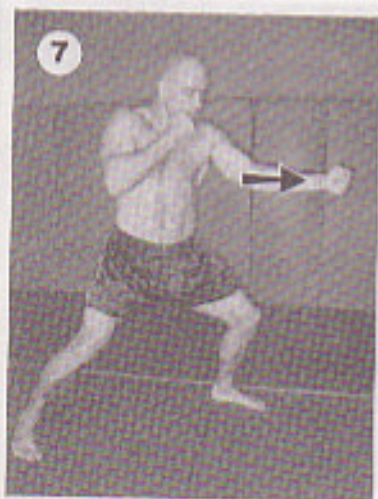
**The same with
the right hand.**



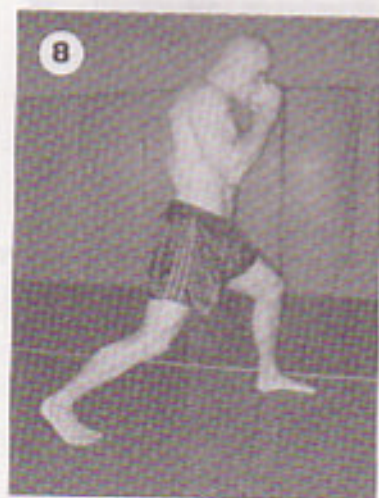
**Side view of the
vertical body punch.**



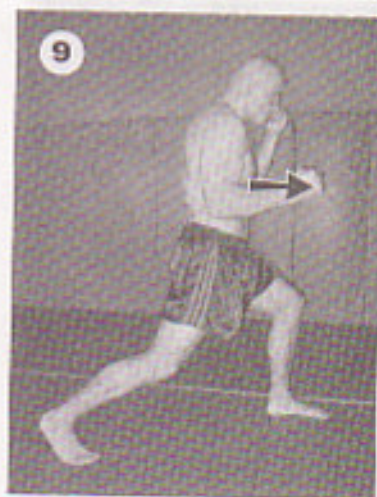
Hit from this point.



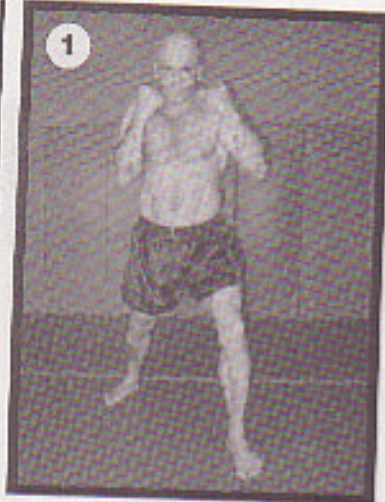
Strike to the body.



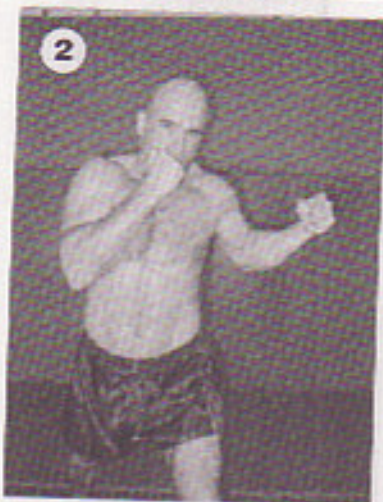
Ready again.



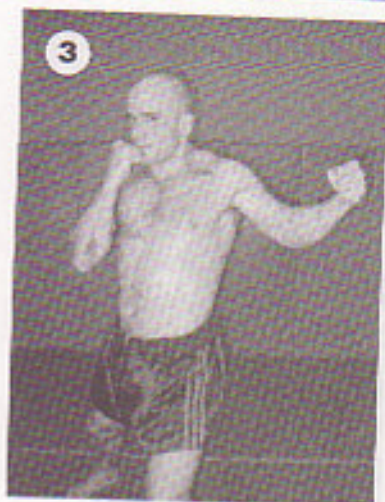
**Strike with the right hand,
from this point.**



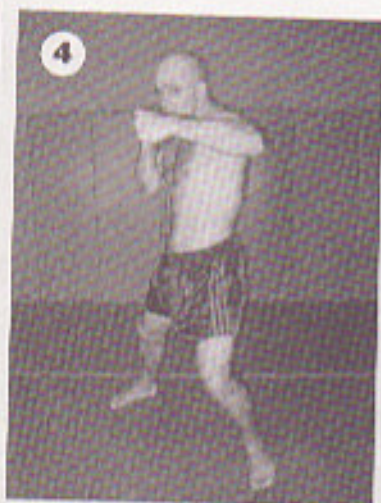
Hook punches
to the head and jaw.



Bring your shoulder back
and left arm out.



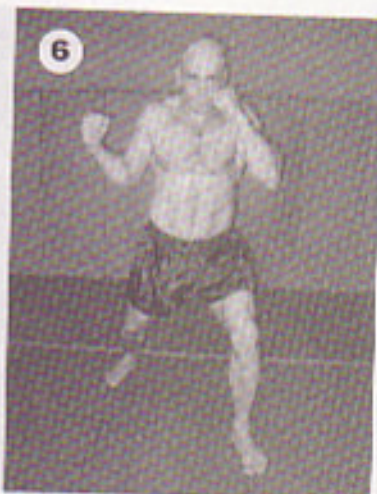
Now twist your body,
bringing your left arm in.



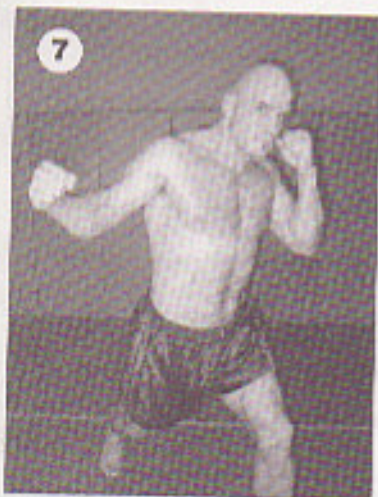
Look how my whole body
gets into the punch.



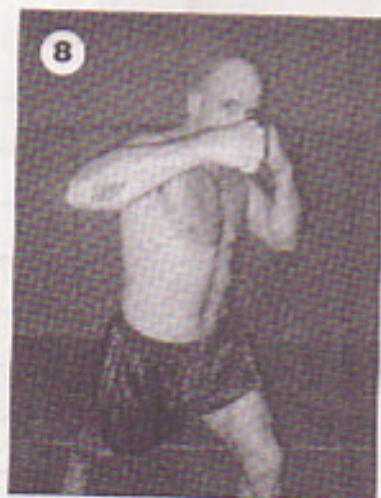
Same technique
with the right hook punch.



Bring your right arm back.



Twist your body, bringing
your right fist at the target.

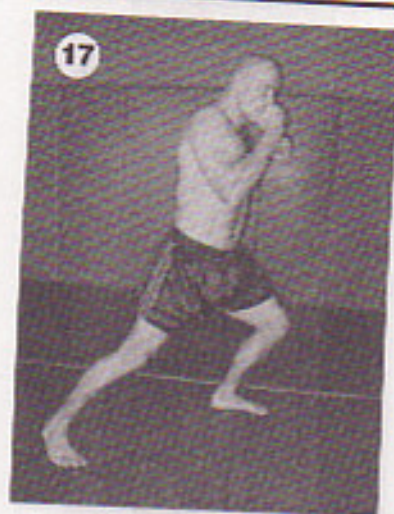


Right hook punch
to the head.

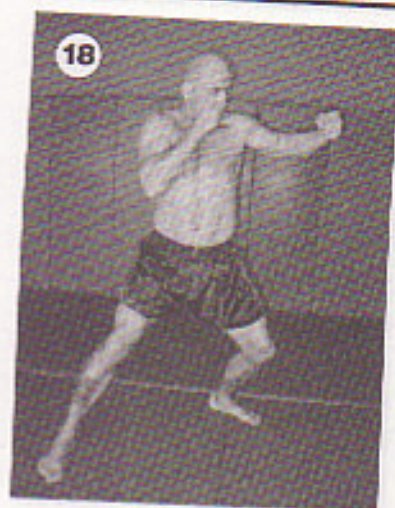
Training Notes



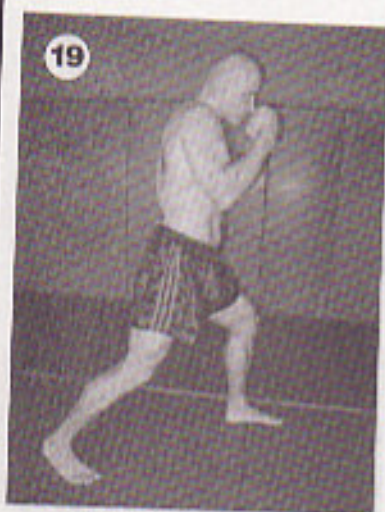
Left hook side view.



Now twist your upper body to the right.



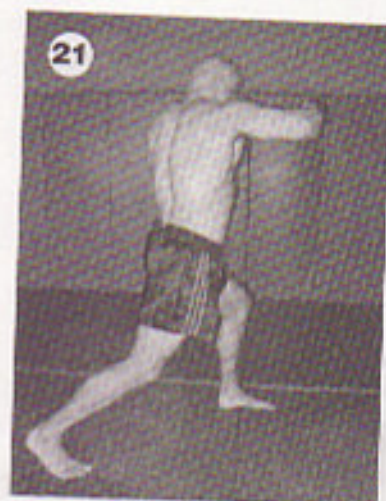
Left hook punch to the head.



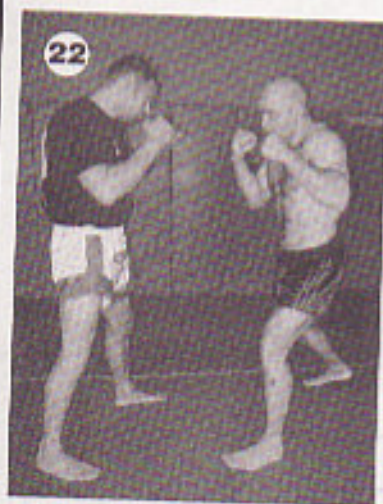
Right Hook punch side view.



Twist your upper body to the left as you punch.



Right hook punch to the head.



Hook punches to an opponent.



Left hook punch to the jaw.

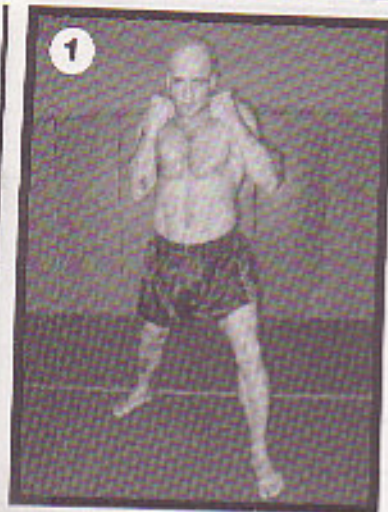


Right hook punch to the jaw.

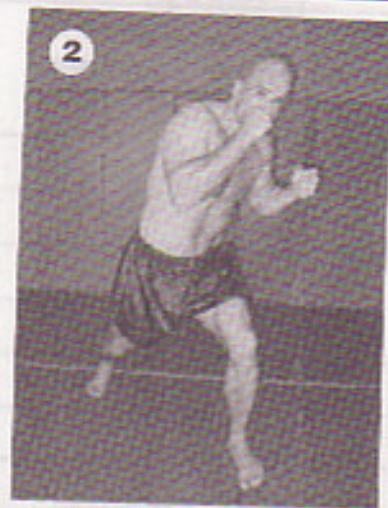
Training Notes

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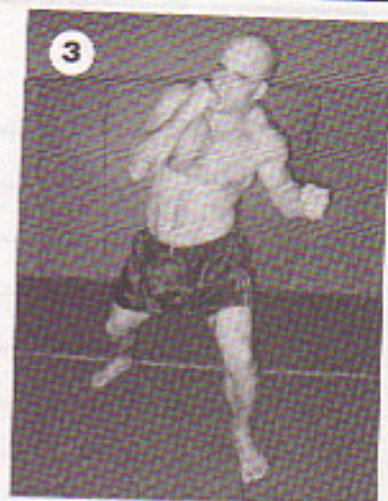
Bas Rutten's Big Book of Combat Volume 1



1
Hook punches
to the body.



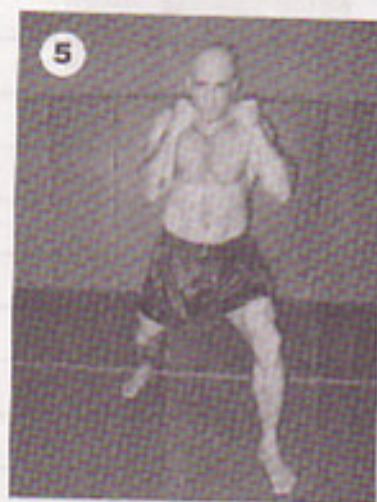
2
Go low twisting to the left.



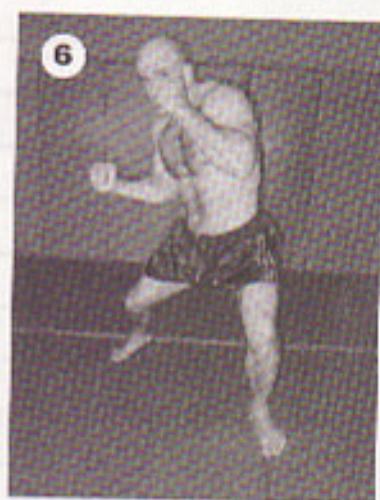
3
Come back, twisting
to the right to strike.



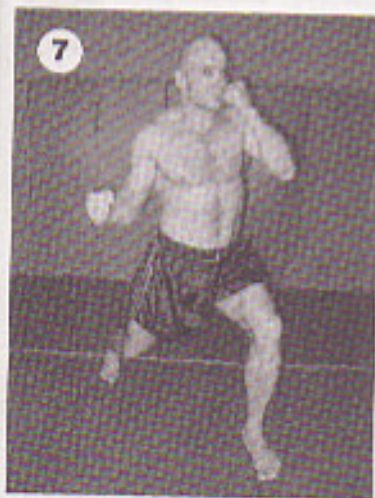
4
Hook punch to his
liver or ribs.



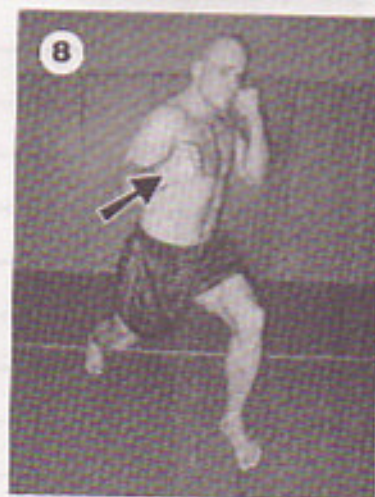
5
Right hook punch
to the body.



6
Twist right with your
right arm triggered.

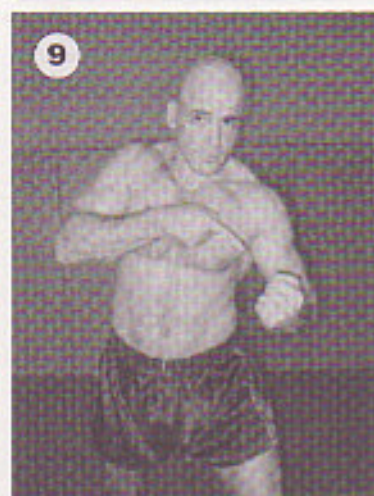


7
Twist back to the left
on target.

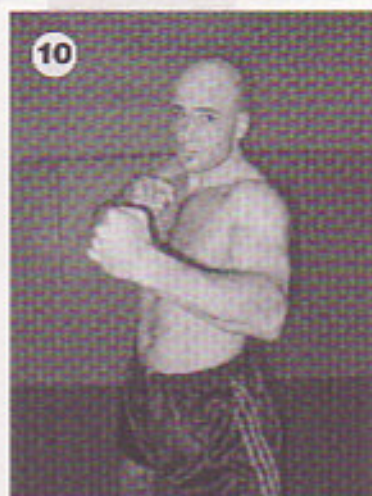


8
Right hook punch
to the body.

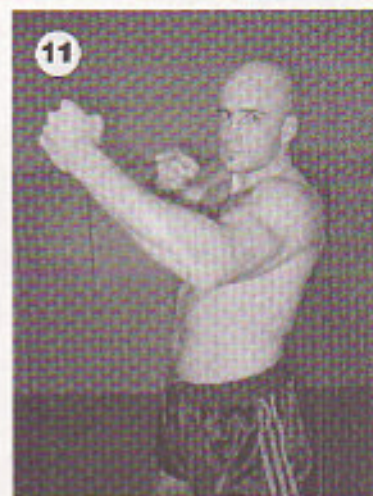
Training Notes



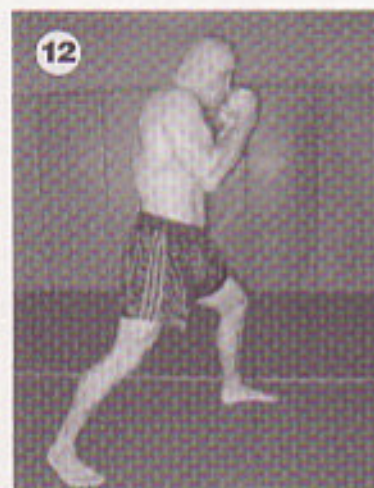
9 See how I had my fist.



10 I punch upward into the vital areas...



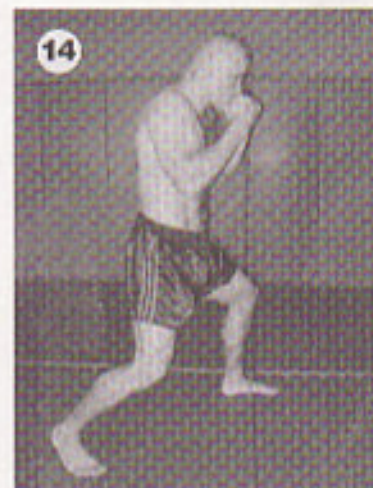
11 ...in this direction.



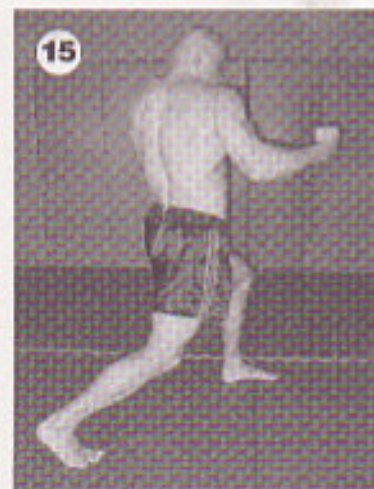
12 Left hook punch to the body, side view.



13 Twist your body right, left hook punching into his body.



14 Side view right hook, punch to the body.



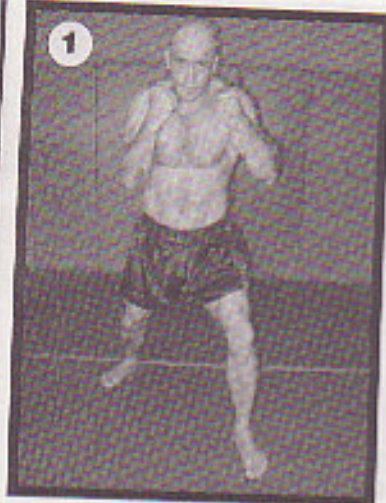
15 Twist your body left, bringing the hook punch in.



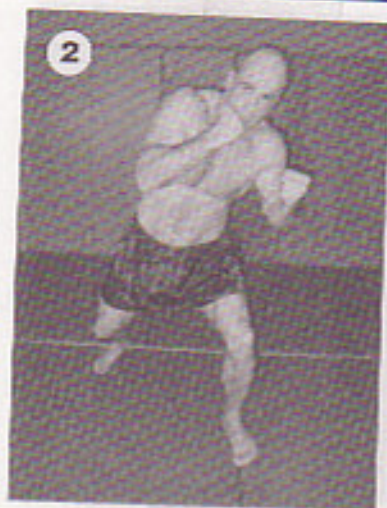
16 Right hook punch to your opponent's body.



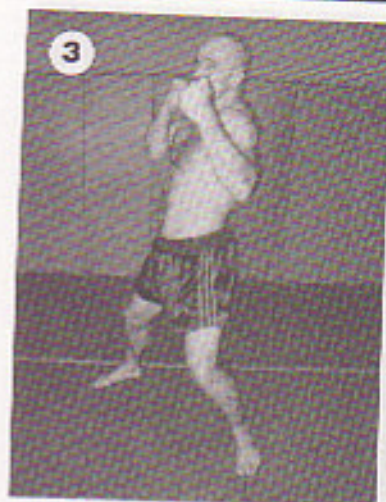
17 Left hook punch to the ribs.



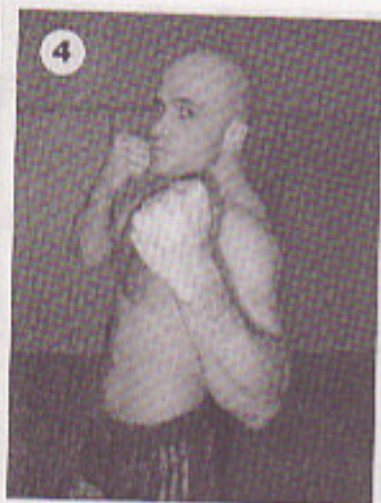
Let's train using
uppercuts.



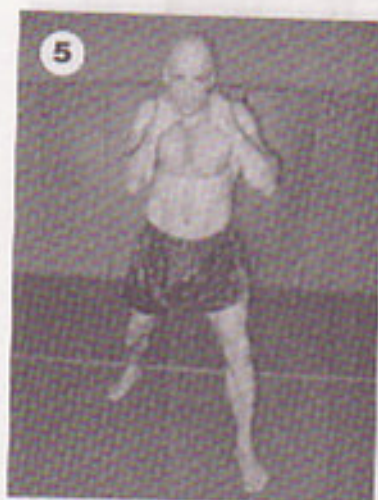
Bring your body down for
a left uppercut to the jaw.



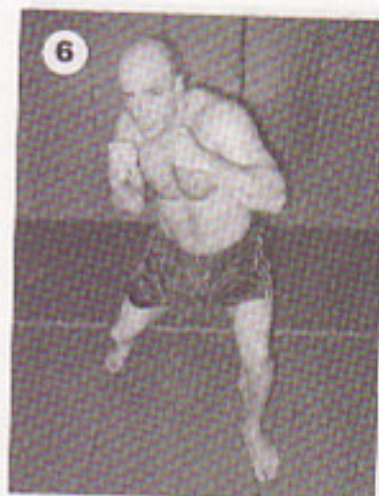
Move your body, twisting
to the right when striking.



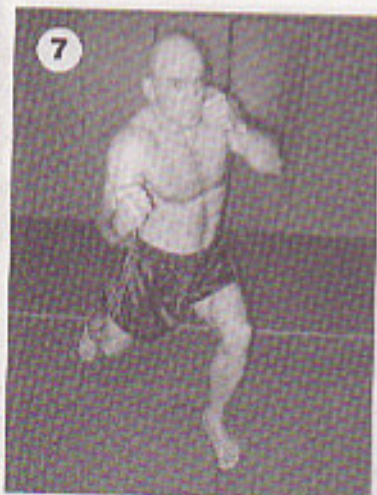
Left uppercut under
the jaw like this.



Now a right uppercut
to the jaw.



Go low, twisting
your body right.

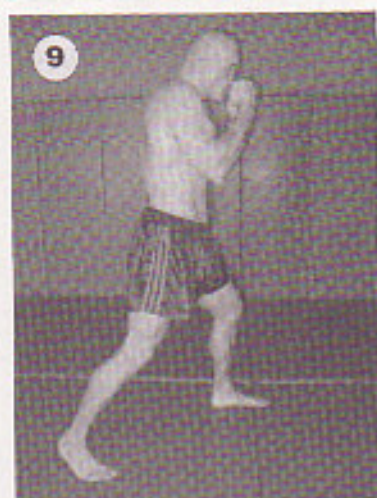


Now twist back
to the left for power.

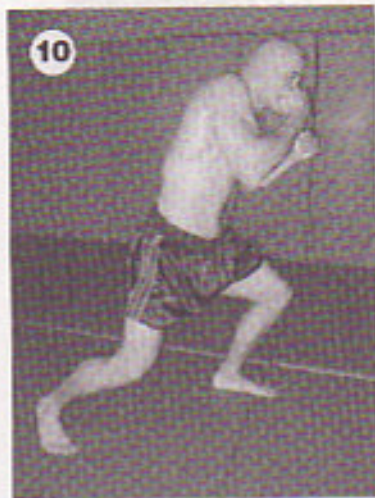


Plant a right uppercut
under the jaw.

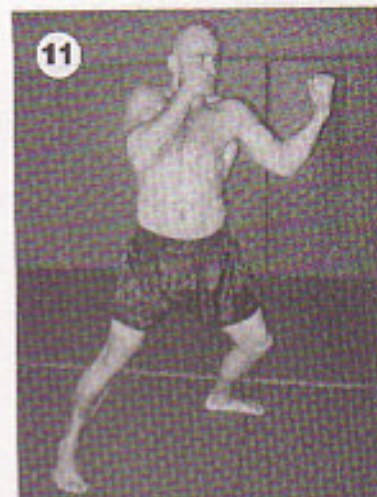
Training Notes



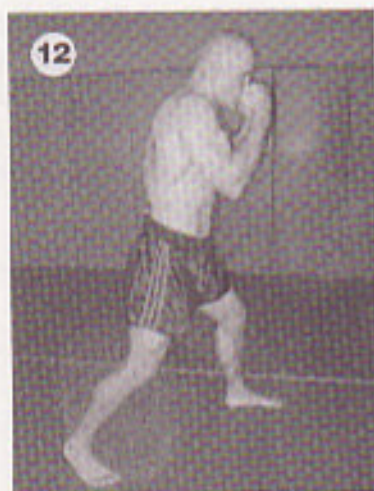
Left uppercut to the jaw, side view.



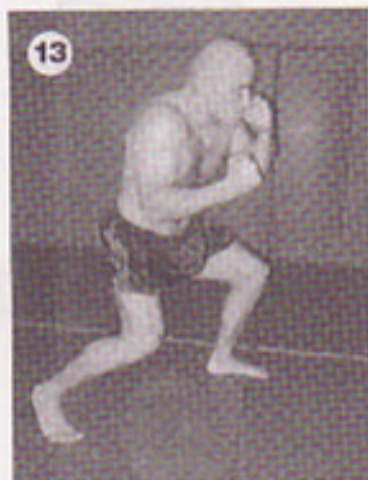
Go low, twisting your body left.



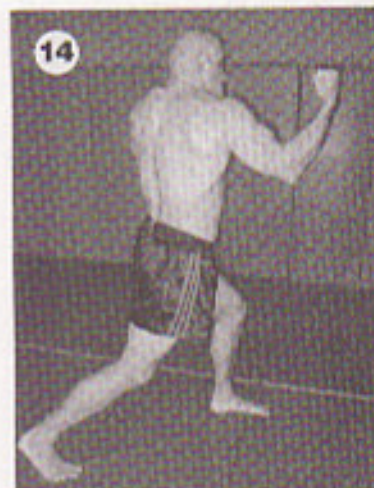
Come up striking under the jaw.



Side view right uppercut to the jaw.



Again go low, twisting your body right.



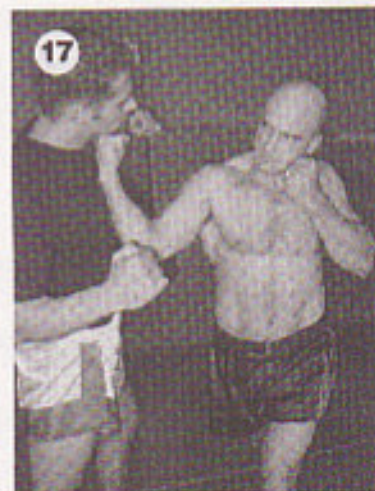
Twist back, come up with right uppercut to the jaw.



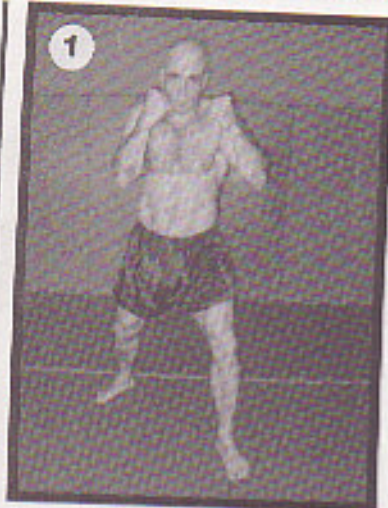
Uppercuts to an opponent.



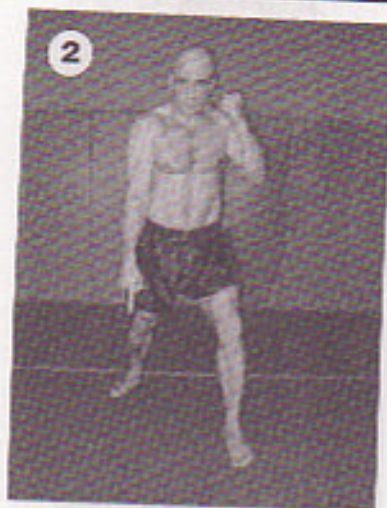
Left uppercut to the jaw.



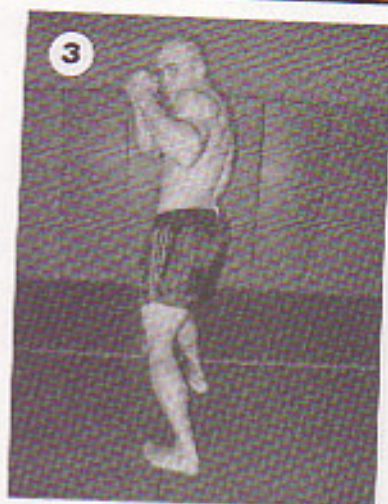
Right uppercut to the jaw.



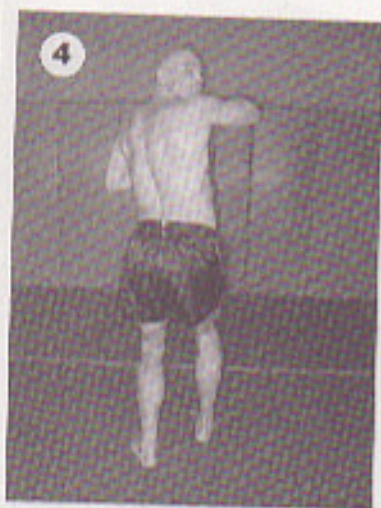
Spinning Back Fist Strike. Ready position.



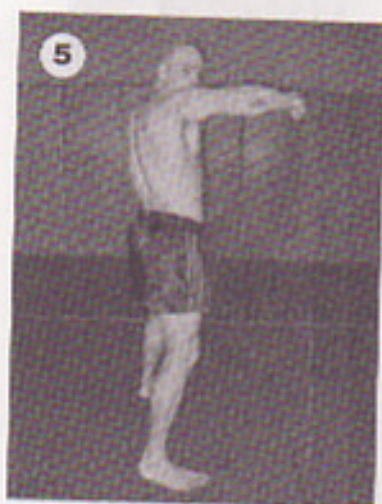
First we step forward with our left foot to this point.



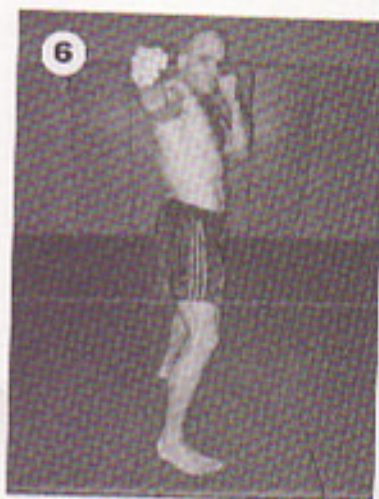
Your left foot is on the same line as right leg.



Turn your body to look, bringing your right fist up.



Step forward with right leg, back fist following.



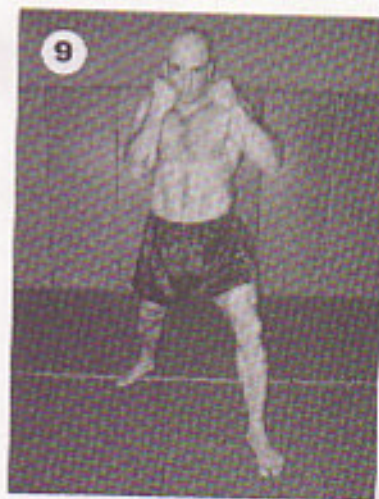
Spin forward, striking the head with your right back fist.



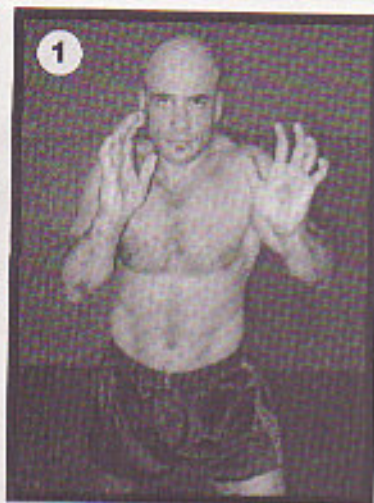
Looks like this at point of contact.



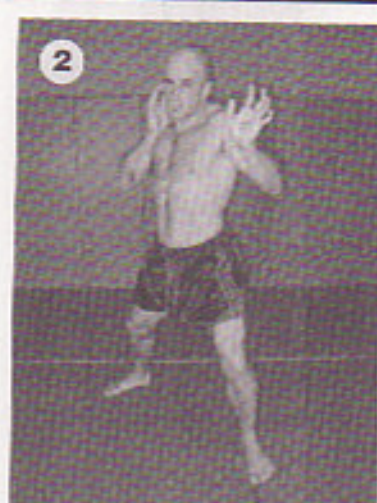
After the back fist, step back with your right foot...



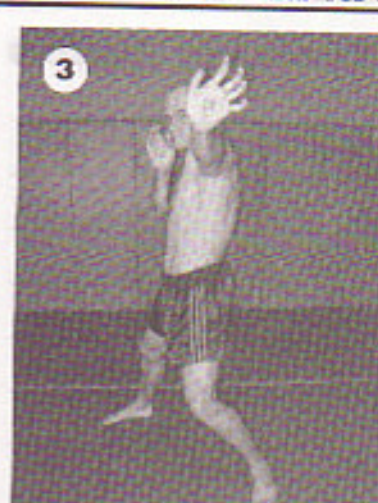
...back into the fighting stance.



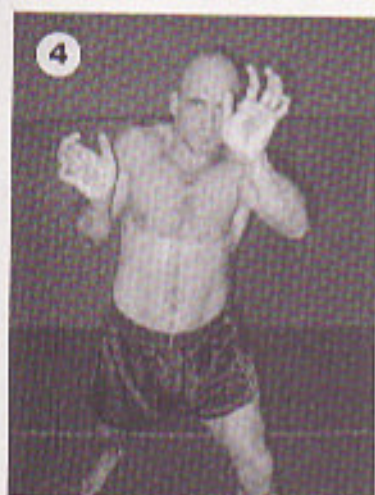
1
Palm Heel Strike:
Start with palms open and
left shoulder back.



2
Keep your elbows in low
and twist your body right,
striking with a left palm.



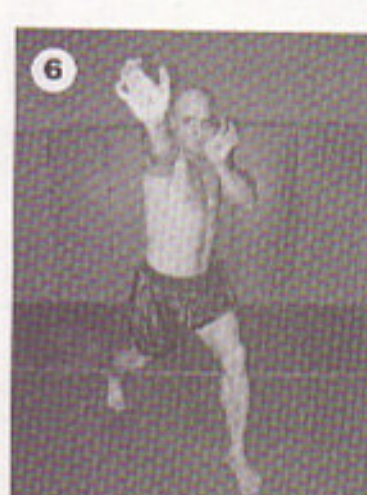
3
Strike the head like
a straight punch.



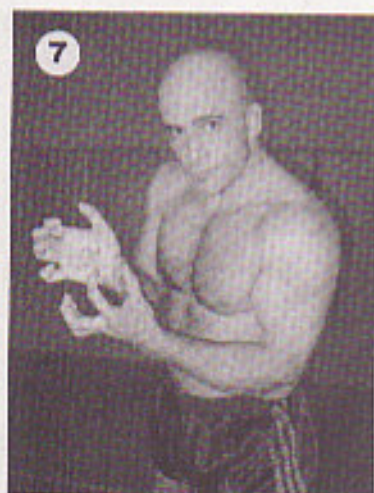
4
Same with the
right open palm.



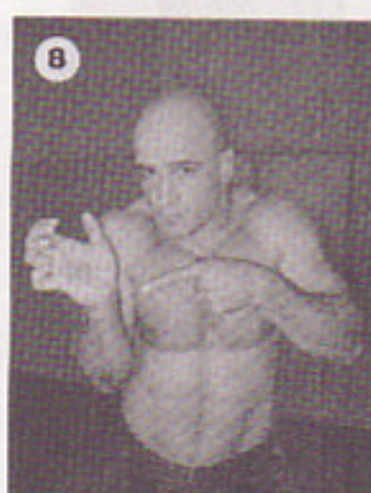
5
Twist and drive your entire
body into the strike.



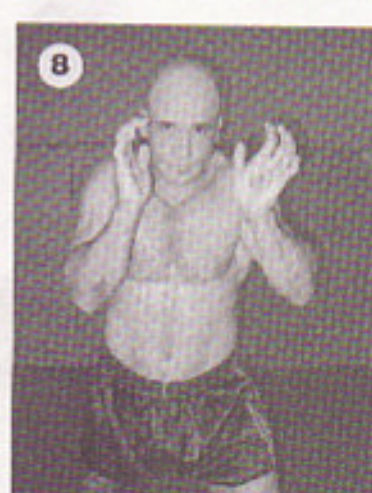
6
Right open palm strike
to the jaw like this.



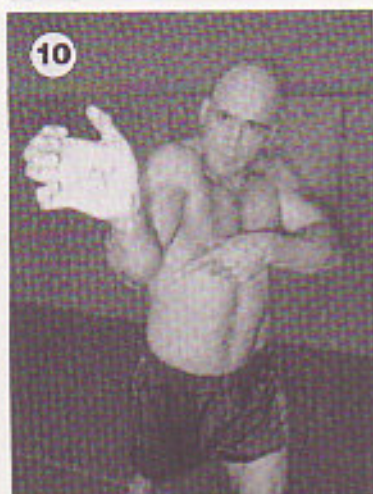
7
Hit with this area
of your palm.



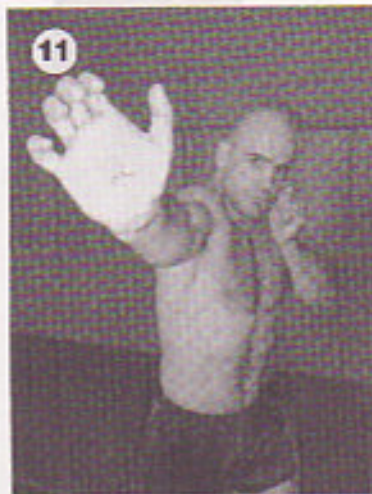
8
Remember keep your elbows
down for power & protection.



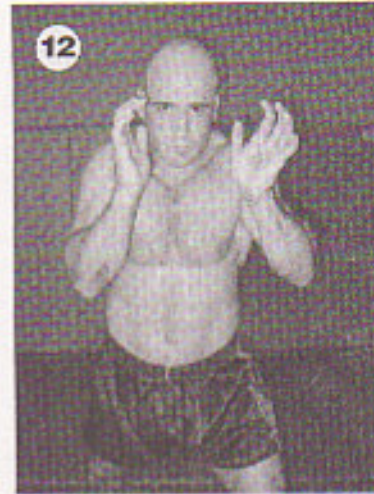
9
Both elbows
stay down like this.



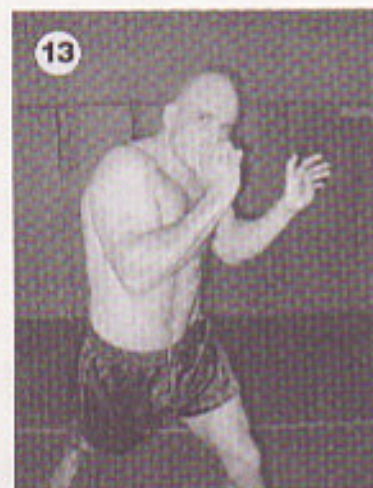
As you strike,
elbow stays down.



Right palm strike to the jaw.



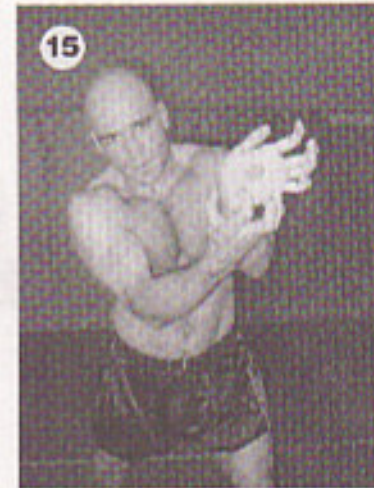
Now a left hook palm strike.



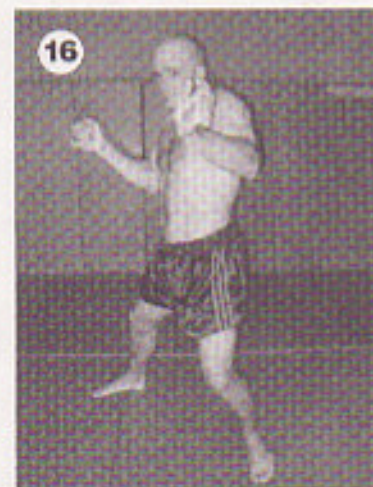
Bring your upper body
a little to the left...



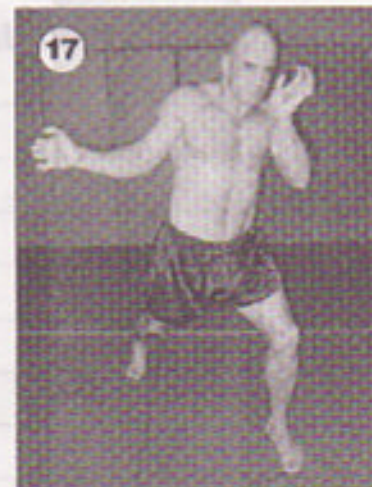
...and strike the head. Twist
your upper body to the right.



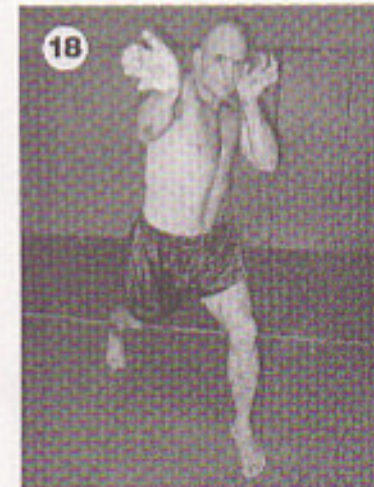
You want to hit with this part
of the bone. No bitch slap.



Now the same thing
with your right hand.



Twisting your upper body
to the left...



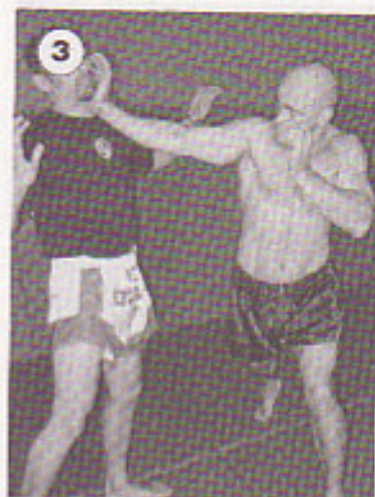
...strike to the side
of his head like this.



Palm Strike:
Made on your opponent.



**Straight left palm
to the jaw.**



**Straight right palm
to the jaw.**



Start position.



Left hook palm strike to the jaw.



Right hook palm strike to the jaw.



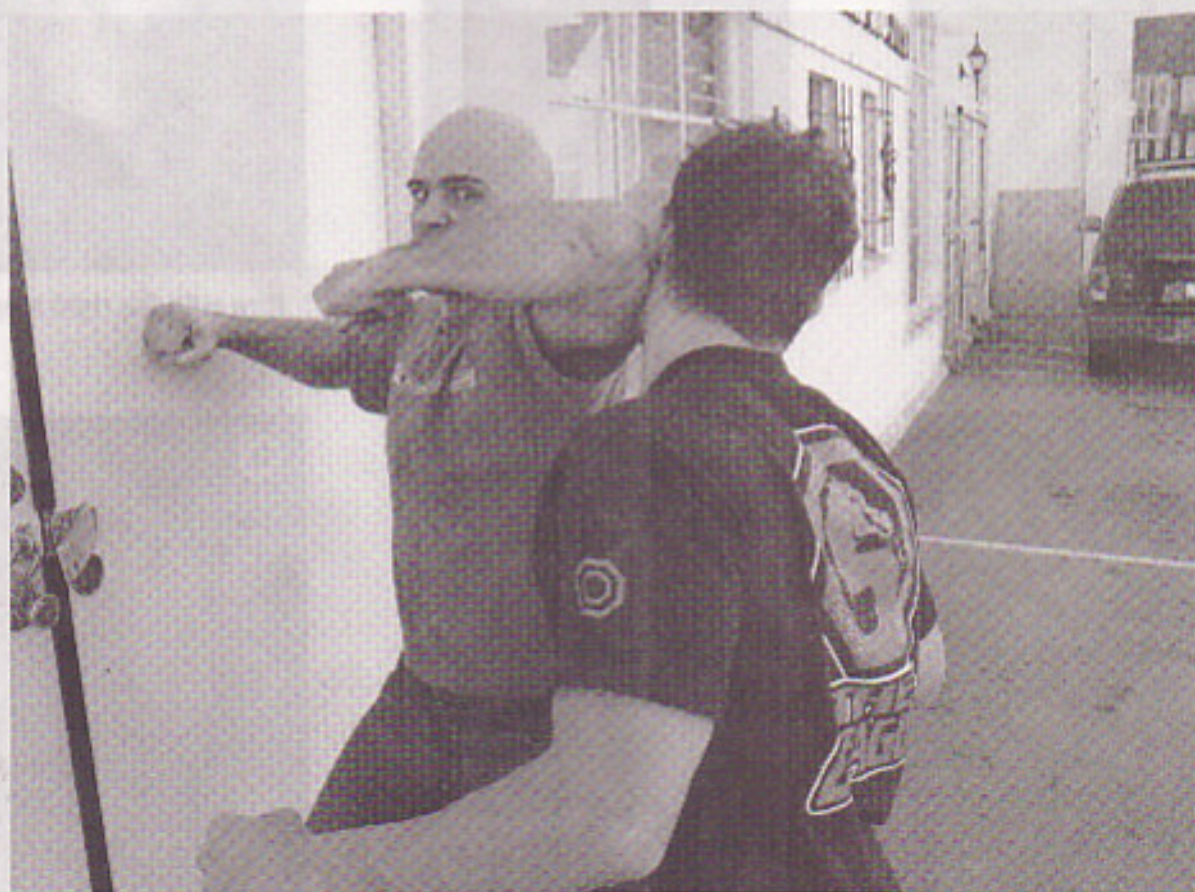
For a quick knockout, make contact with your opponents jaw on this point.

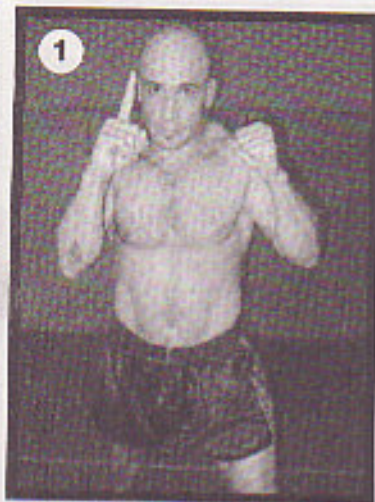
Training Notes

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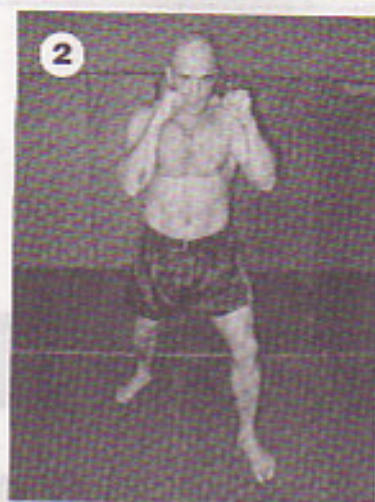
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Elbow Strikes & Elbow Mitt Training

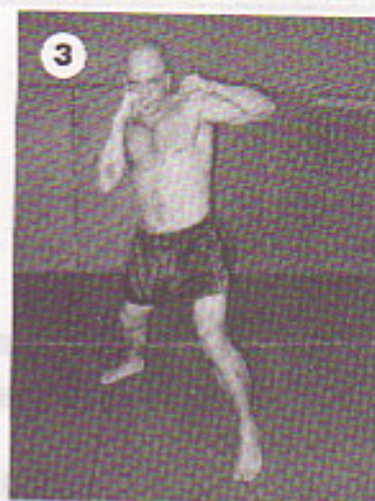




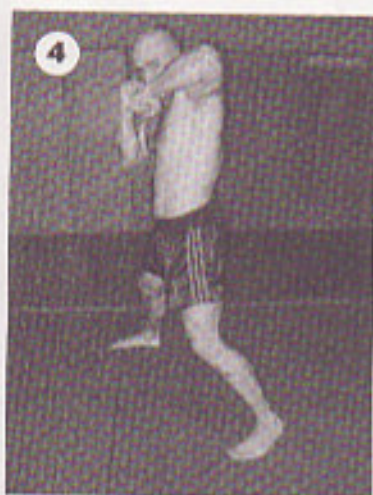
Begin with Downward Elbow Strikes.



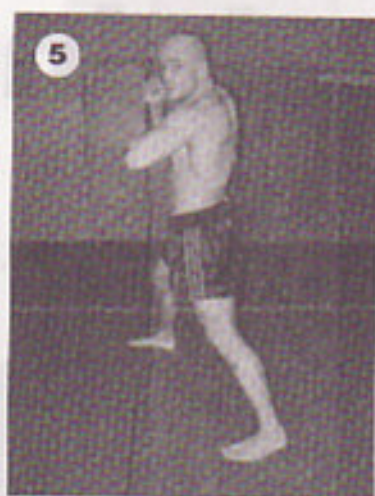
Ready position.



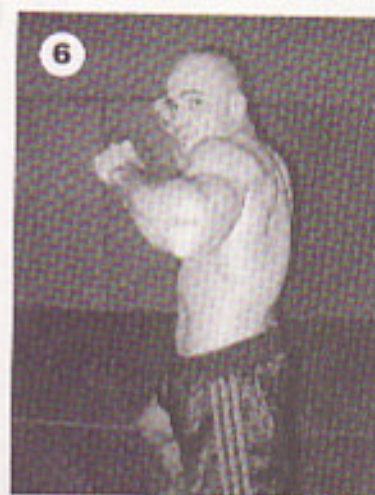
Bring your left elbow up and then right.



Strike downwards, across the opponent's face.



Finish at this point.



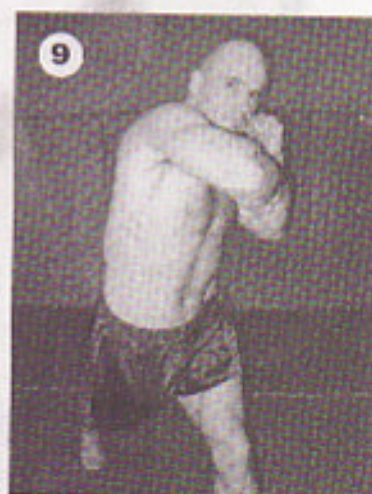
Now with the right elbow.



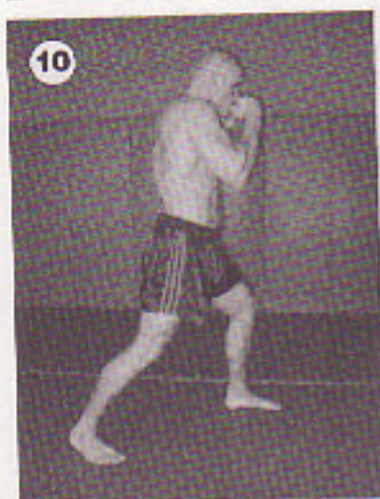
Bring the right elbow up.



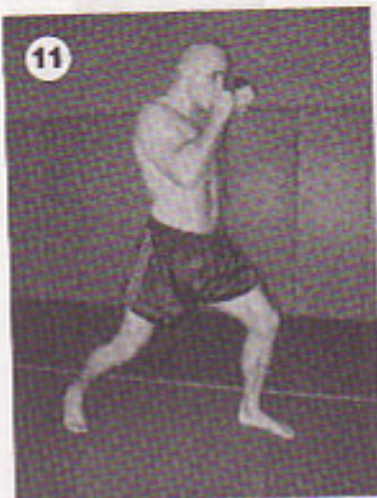
Again strike down, across the face.



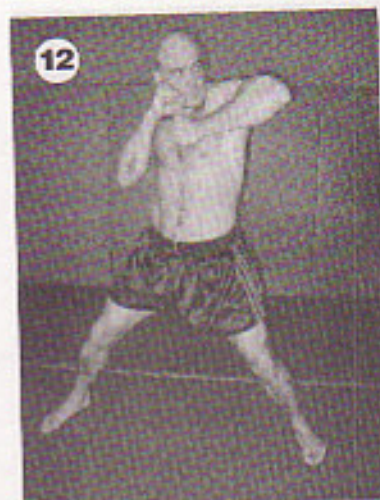
Follow through to this point.



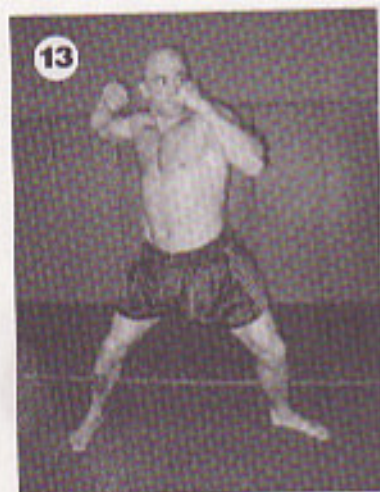
Look at it from the side view.



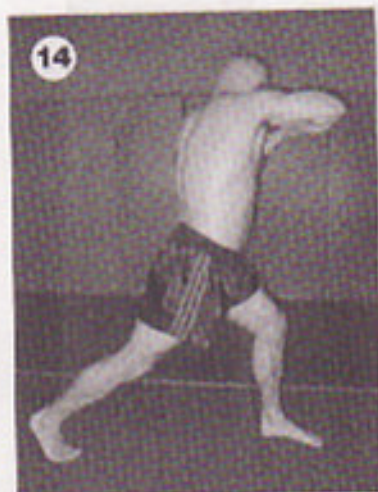
Your left elbow comes up.



Strike down across the head.



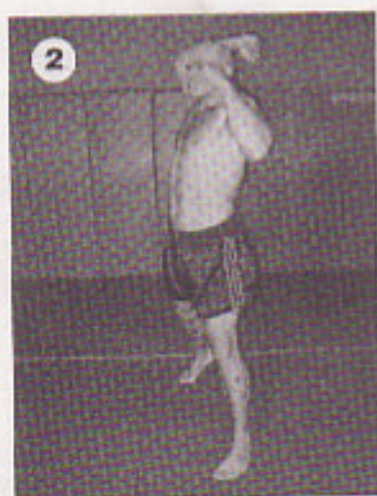
Now bring the right elbow up.



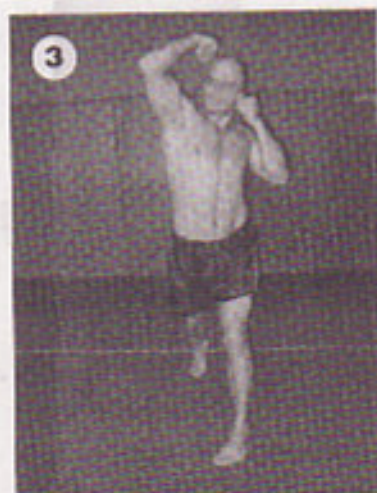
Strike downward across the head.



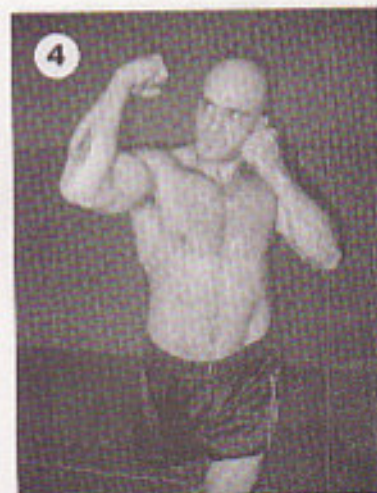
Pointed Downward Elbow Strike to the collarbone.



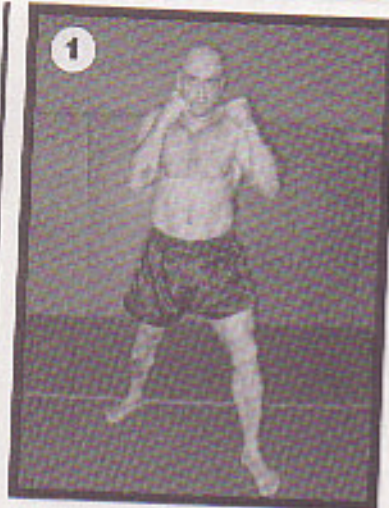
Raise the right arm up very high.



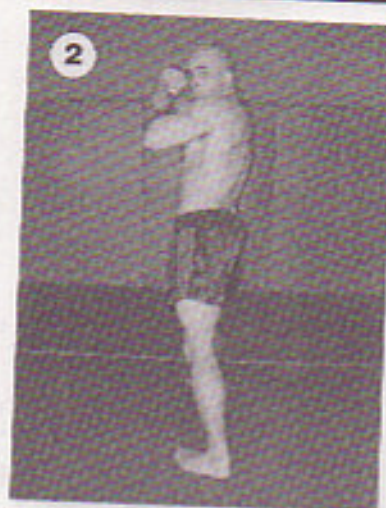
Come down with the elbow point.



Your target is the collarbone or top of the head.



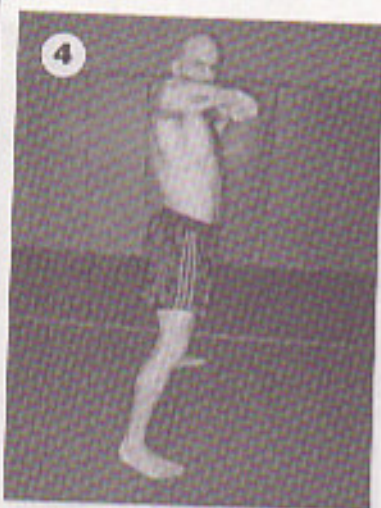
Now the **Spinning Back Elbow Strike**.



Step over to the right with your left foot.



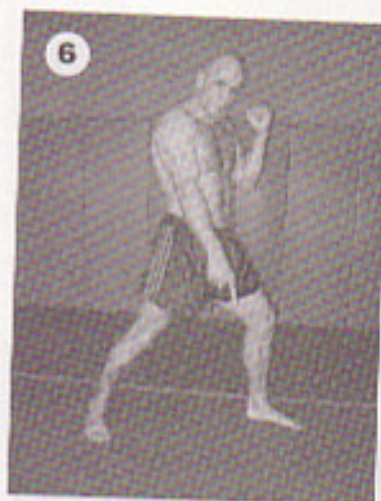
With your right arm up, spin around to the right.



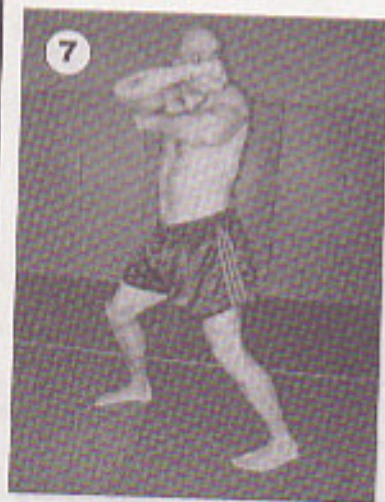
Spin forward, striking with your right elbow to the head.



Spinning elbow side view.



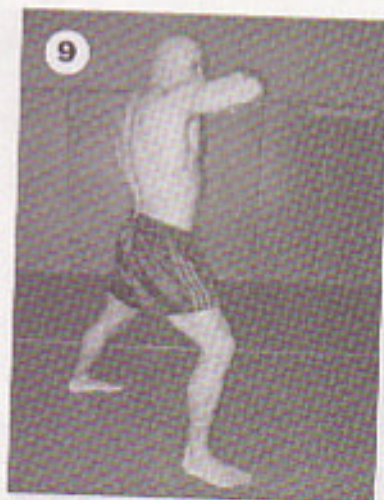
Bring your left foot here.



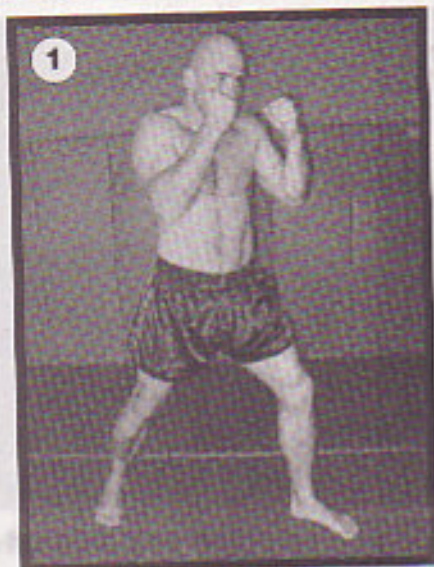
Bring your right elbow up like this.



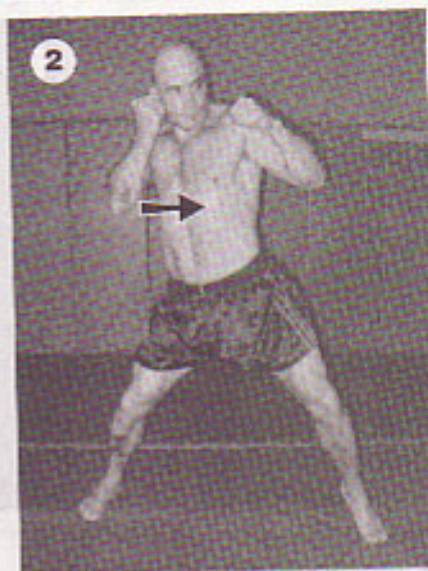
Spin your elbow around to the front.



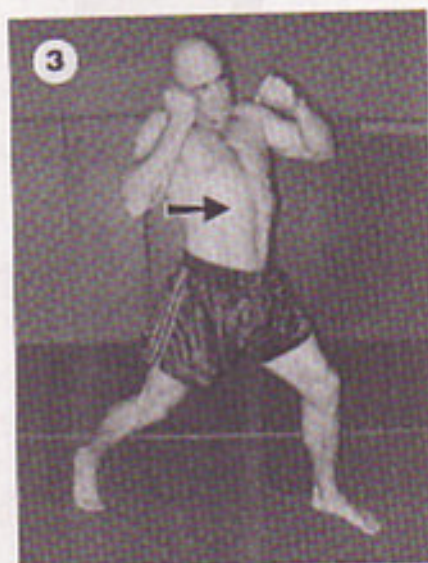
Strike across the jaw.



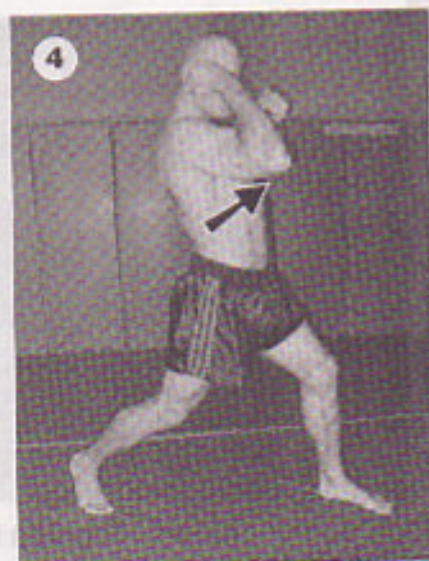
Forward Elbow Strike to the chest.



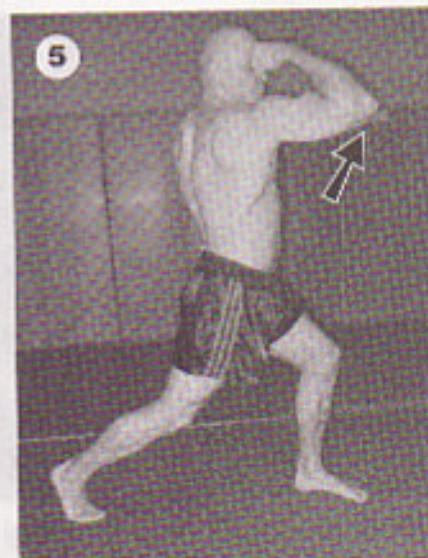
Left foot forward, bring your right arm back.



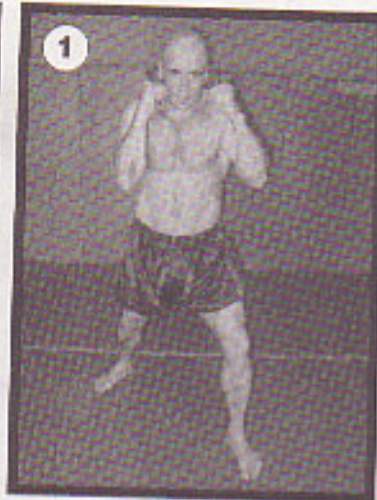
Strike upward into your opponent's chest.



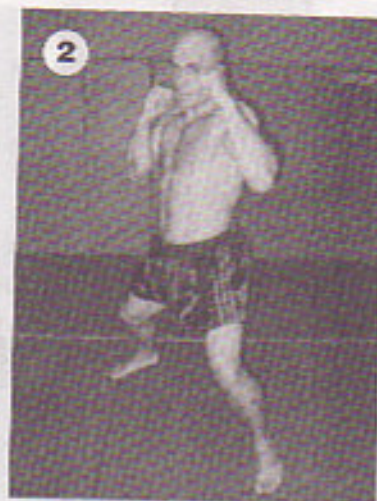
Notice the movement forward.



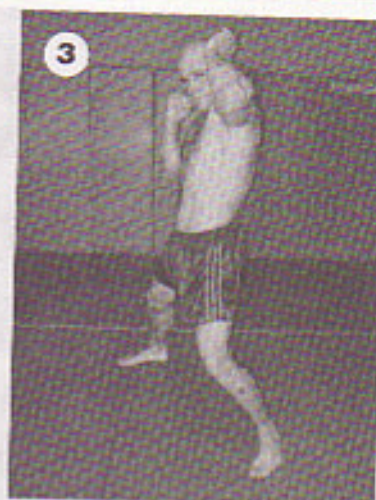
Hit the chest plate like this. Very painful!



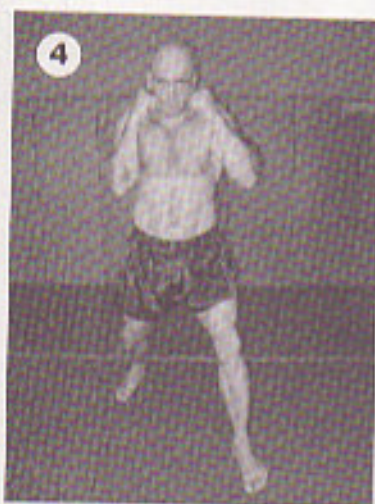
1
Forward Elbow
to the Jaw. Ready stance.



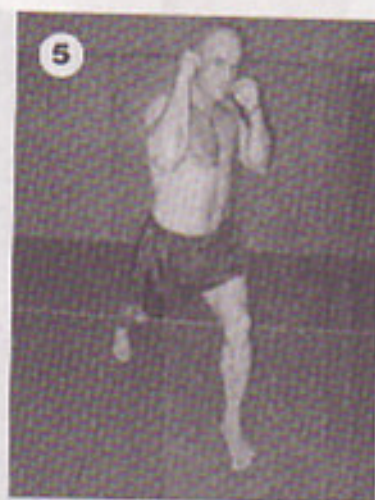
2
Step forward
with your left foot.



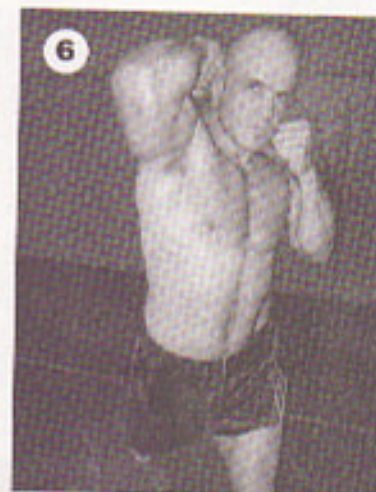
3
Drive your front left elbow
under his jaw.



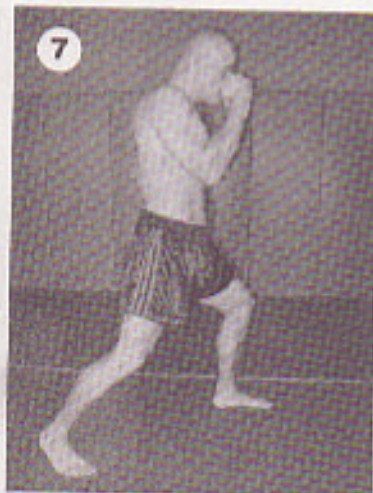
4
Now with the rear elbow.



5
Step forward with your
left foot. Twist your body.



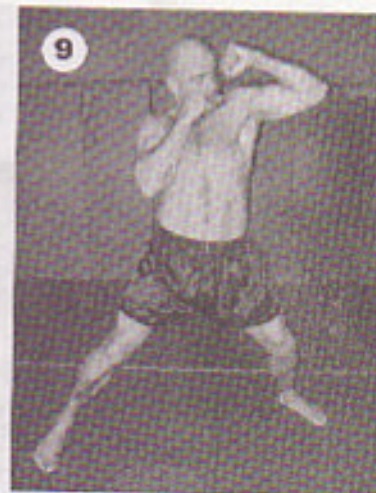
6
Strike under the jaw with
your right elbow like this.



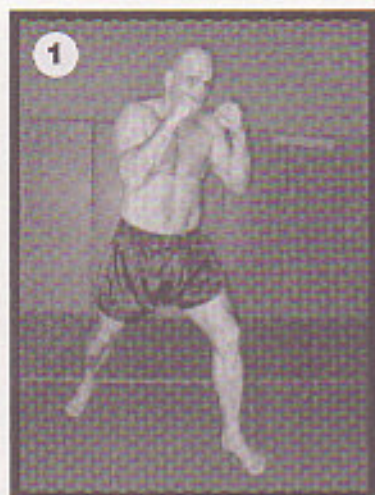
7
Side view.



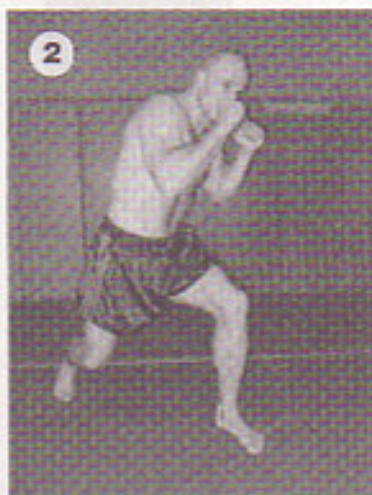
8
Step forward with the left
foot striking under the jaw.



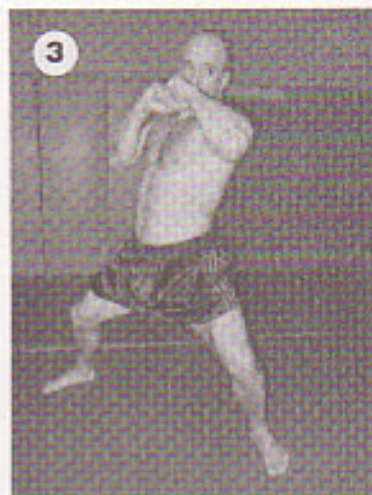
9
Same thing with the
left elbow.



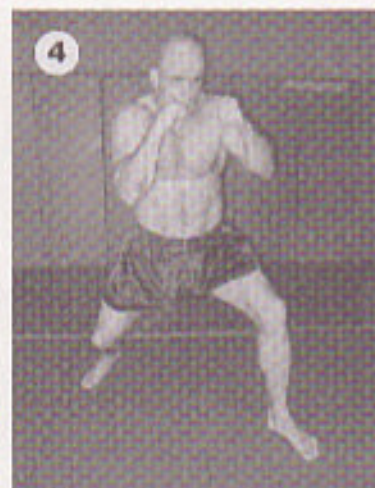
Elbow to the Body.



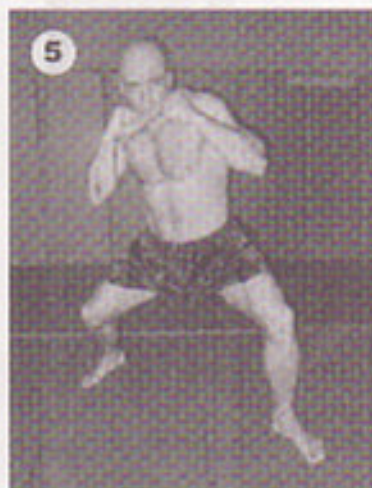
Go down low bringing your left shoulder back.



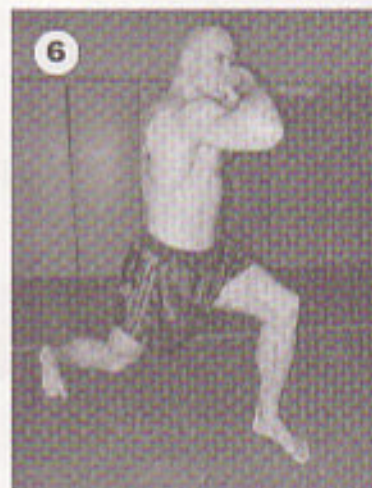
**Twist right striking his ribs
with your left elbow.**



Now the right elbow
to the body.



Go low bringing your right elbow back.



**Twist right, striking
the body with
your right elbow.**

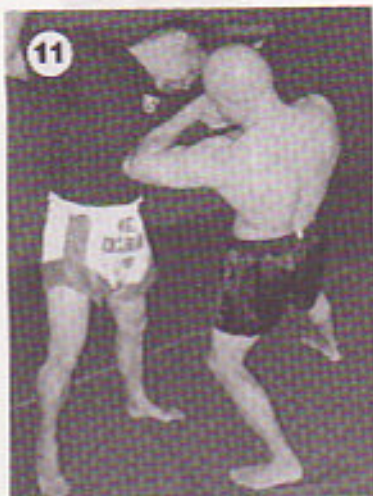
Training Notes

1

**Elbow Targets.****Step in and strike under the jaw.****Again to the jaw with the right elbow.****Now strike the side of his head.****Left elbow strike from the side.****Follow with the right elbow.****Target is the head.****Left forward elbow to the chest.****Right forward elbow to the chest.**



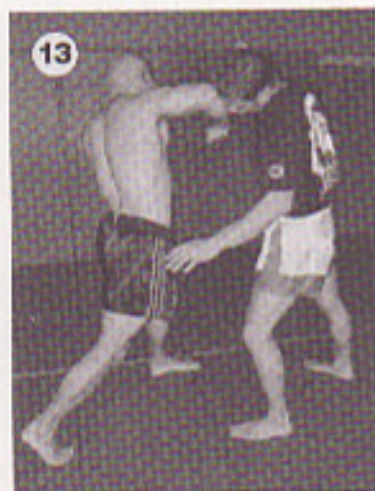
Go low for a strike to the body.



Left elbow to the body.



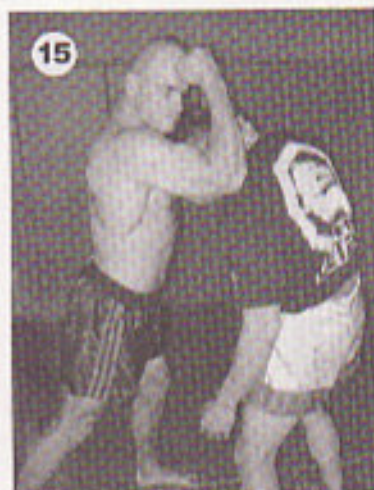
Now a highleft elbow strike to the head.



Put all your body behind the elbow strike like this.



Pointed elbow strike
to the collarbone.



**This strike will
break his collar bone.**

Training Notes

17



Spinning Elbow Strike.



Step to the right with your left foot.



Bring your right arm up.



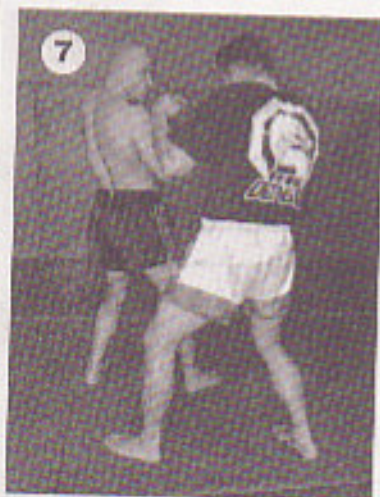
Spin your elbow into the opponent, striking his head.



Another good target is the jaw.



This spinning elbow has a little different footwork.



This time, step forward with your right foot.



Spin around to the left.



Strike his head with the spinning elbow.



Now we will work on the **Elbows Mitts**.



First a left outward to inward elbow.



Strike the side of his face.



Another is the downward elbow.



Bring your left arm high like this.



Strike down to the top of his head.



Here we execute an upward elbow strike.



Hands up high.



Step in striking under the jaw with your front/left arm.



This time to the body.



Step forward with your left foot.



Bring your left shoulder back.



Elbow strike into the solar plexus.



Follow with a right elbow into the side of the body.



Now do the same with your left elbow.



When preparing to do an elbow strike to the body...



...aim for the ribs, as shown here.

Training Notes

Training Notes

Bas Rutten's Big Book of Combat Volume 1

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Chapter 4

Kicking

Techniques



Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfightertec.net or by calling toll-free 1-800-317-7445. Outside the U.S.A. call 1-949-493-1428.



Warning/Caution: The techniques featured in this book are extremely lethal and dangerous. They have been specifically designed to defeat an opponent in hand-to-hand combat. At all times you must demonstrate extreme caution and control for yourself and/or training partner while performing or practicing any of the movements, exercises, or fighting techniques shown. Train at your own risk.

Kicking Techniques

There was a time during the early stages of legal Mixed Martial Arts competitions where kicking was frowned upon as being risky and impotent. Of course, I helped change that perception. It is true that kicking can be a dangerous proposition to the kicker if not well timed. But it can be a very damaging striking method when it lands. I'll show you what kind of kicks you can do if your opponent is down. Goal!

Roundhouse Kicks

As with punching (and elbowing), distance is the key here. The longer the kick is on it's way, the harder it will be. Make sure that your kicks to the legs and to the body achieve a perpendicular impact. The less amount of muscle catching the kick, the better it is.

Use your shin as a striking target when you kick your opponents legs or body. To the head kicks is mostly going to be the foot (because otherwise you have to be so close to your opponent and be very flexible) but even then, if you can, use the shin.

The reason is, the shin is just so much harder and less fragile than the foot. If you kick somebody with your foot on his shin or elbow, you will get hurt. The shin kick to the head is a very hard technique to recover from because, unlike your fist, your shin does not have a glove on it.

With a roundhouse kick to the body I also come all the way from the side. Some people like to kick upwards. I don't like that because I believe that you can injure yourself hitting his elbow with the muscle next to your shinbone. If you hit that muscle hard enough you can't fight 100% anymore. So I make sure that I bring his hands up with a punching combo, and then I kick underneath his elbow. Even when he blocks the kick with his elbow, and you come from the side the impact is on your shin and not the muscle next to it.

What you also see me doing is stepping already into position when I kick so that I don't have to turn or pivot on the balls of my feet. This might seem a little awkward in the beginning but trust me when I say that it will help you a lot. It will give you more power and stability. Please watch the photos very carefully, so that you understand why I do it like this.

Front Kicks

Make sure that you pull your knee up first before you kick. With this kick you don't want to kick upwards. You want to kick to the front. Forward! Like you are pushing him away. Almost like a right straight punch to the body (you know what I mean).

If you kick upwards there is the chance that you'll hit his elbow with the top of your foot and that is going to hurt you or even break the little bones in your foot. We all have been there the first time we went to Karate, Tae Kwon Do, Thai Boxing or any striking sport where you kick. We all hurt ourselves with that kick.

But if he is open, and you are sure that you won't kick his elbow, a snappy front kick to the solar plexus can do the trick. So don't count that kick out, it can be very effective. You see this kick a lot in

Kyokushin Karate, it is very effective but needs to be preformed very well to not get injured.

Side Kicks.

I am not a big fan of sidekicks. I make them when I miss a low kick and the opponent comes in right away. I show you this in the pictures.

Some people have a very effective sidekick, like Don Wilson used it a lot and he made it effective. But not many people can do that. I believe that this kick is easy to block and to counter. But, if the opponent knows to throw it real well, again, like Don Wilson used to do, it is a good weapon.

Back Kick to the Body.

I use to do this kick a lot. Sometimes I still use it but only in Thai boxing sparring. In NHB it is dangerous to throw because if you expose your back for a moment, a good wrestler will shoot there right away for a takedown.

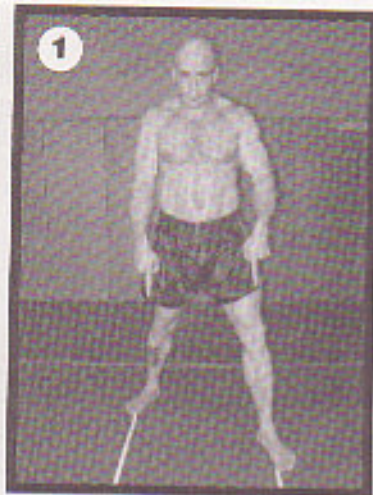
So I wouldn't use it in NHB but if you fight a striker and you are good with this kick, why not? It is a very effective kick. Sakuraba took Vitor Belfort down with this kick to the body.

Spinning Back Kick to the Head or Legs.

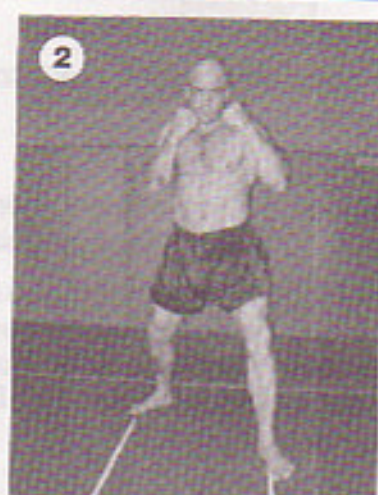
Also a kick that you don't see that much in NHB. You simply don't want to turn your back. Again, if preformed well, this can be a very dangerous kick, and take your lights out.

The late Andy Hug did this spinning kick to the legs of his opponent Mike Bernardo in the K-1 finals. Andy successfully stopped Mike and became the K-1 champion.

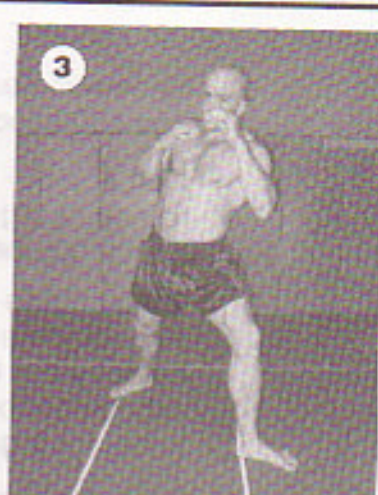




It's good to have lines on the floor to help develop your kicking stance.



Fighting stance for a right leg roundhouse kick.



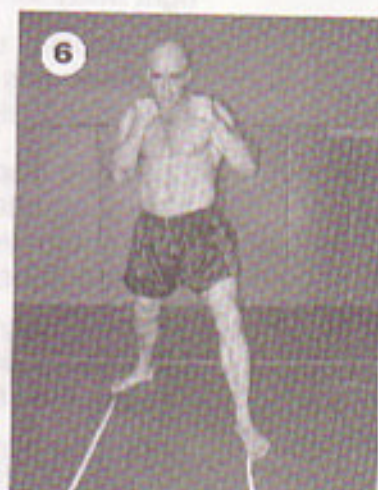
Turn your left hip to the side outside the line, never in.



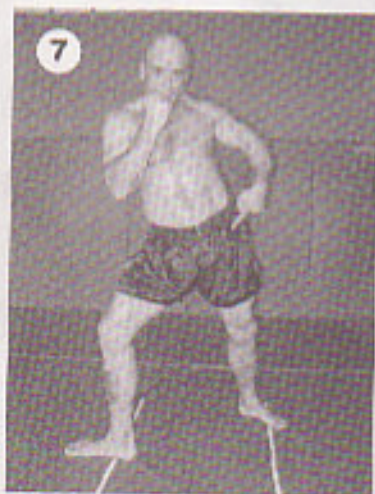
Now release your right hip, swinging the kick forward.



Low roundhouse kick.



Now the left low roundhouse kick.



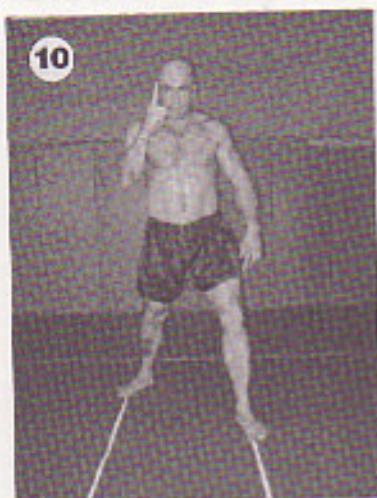
Step right foot forward on the line with left hip back.



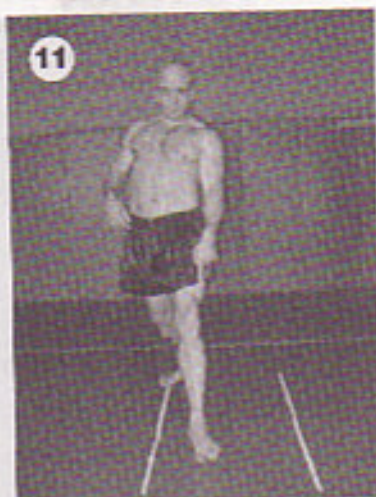
Release the left hip, kicking forward.



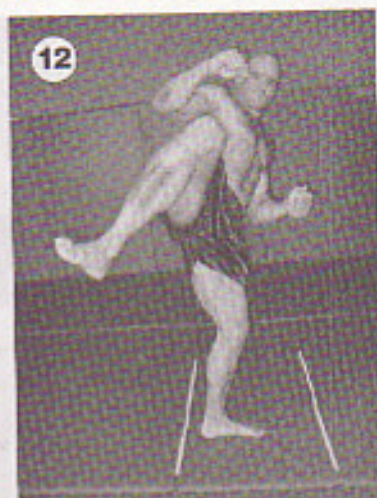
Low left roundhouse kick.



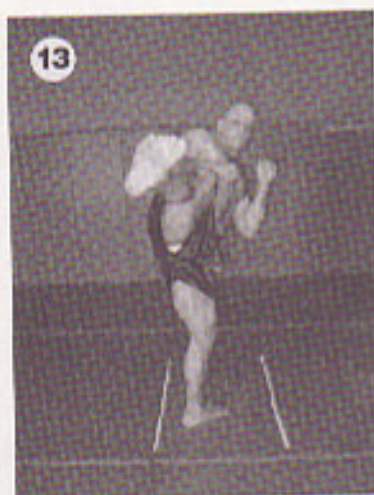
10 Now I will show what *not* to do to roundhouse kick.



11 Do not step with your left foot inside the line.



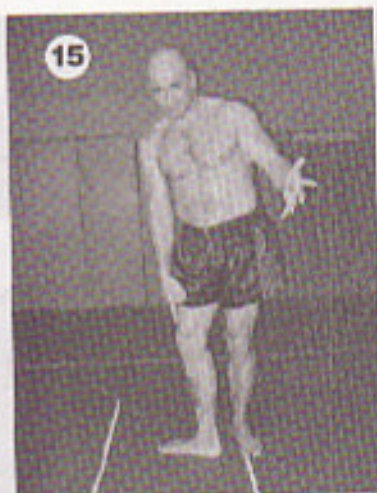
12 From inside the line your kick will have no power.



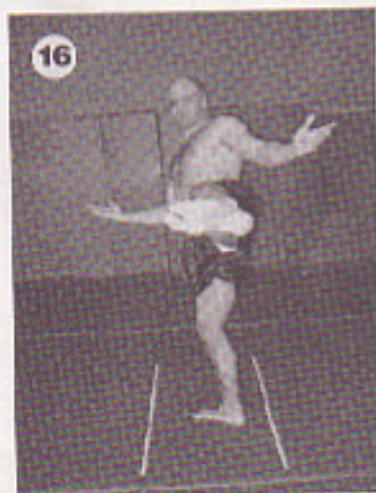
13 This kick will not hurt your opponent as much.



14 Same with the left roundhouse kick.



15 If the right foot comes inside, another big mistake.



16 You can't achieve proper hip position, so it will be weak.

Training Notes



1
Low Right Roundhouse Kick:
Kick to the opponent's left leg.



2
Step in with your left foot.



3
Release your hip, bringing your
right leg low and around.



4
With your shin, kick down
on his left thigh.



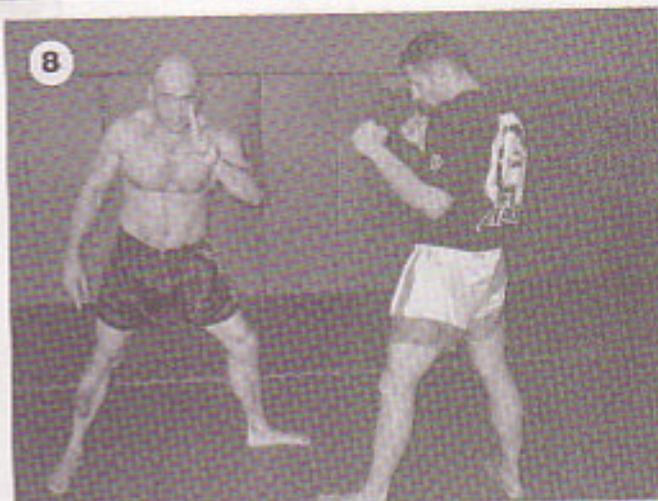
5
You must strike his leg
at the correct angle.



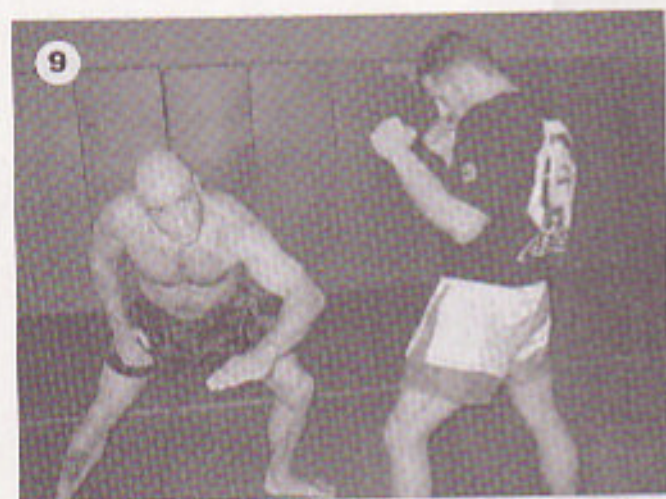
6
Not like this, it won't do damage.



This is also an incorrect angle of attack.



Now let's do it the right way.



Your leg is coming in from this angle.



Striking the leg at a 90° angle.



Like this... with your shinbone hitting the thigh muscle.



**More roundhouse kicks.
Fighting stance.**



13

Step forward with the left leg.



14

Release your hip and make a right leg roundhouse kick to the body.



15

Same kicking technique, but this time roundhouse to the head.



16

Fighting stance.



17

Step forward with your right foot on the same line as his left.



18

Low roundhouse to the inside of the opponent's left leg.



Kick whatever targets are open and easiest to strike.



Place roundhouse kicks to the legs, body, or head... they work!



Training Notes

Blank lined paper with a vertical margin line on the left side.



Let's begin with a front kick.
Watch the foot.



Twist your foot left, keeping it
flat on the floor.



Right knee high.



Front kick to the solar plexus,
with the ball of your foot.



You can also front kick with your heel.



The reach is less, but it's still a very powerful
kick and you will surely not hurt your toes.



Now a different kick. (Also works as a distraction.) When your opponent is close...



...raise the right leg at this angle, keeping your hips back.



Pointing your toes, right kick his hip to keep him off balance.



Another good target for throwing him off balance...



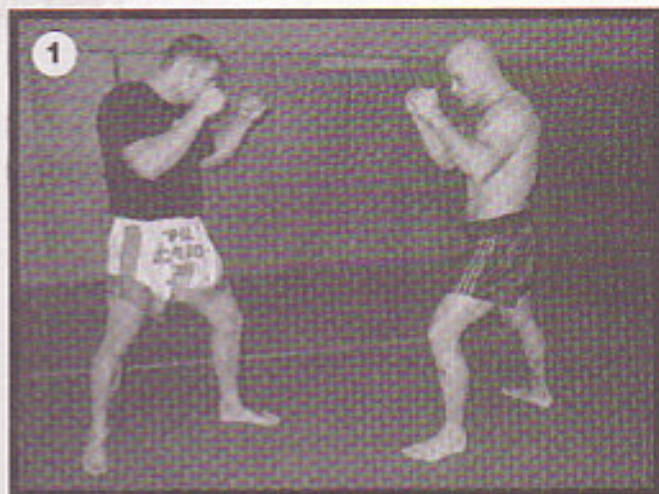
...is a front kick to the chest.



Extend your leg and he will fall back.



Front kicks to his knees will also keep him off balance.



Here is the same kick used to the hip,
but now strike his knee.



Right leg up, toes pointed right
and your hips back.



Kick his knee to bring him down.

Training Notes

Bas Rutten's Big Book of Combat Volume 1

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Training Notes

Handwritten notes area with horizontal lines.



Left front kick.



Watch my foot.



Step forward a little, to close the distance.



Make a left front kick...



...to his leg, body, or even his head.



Sidekick Technique:
I only use this if I miss a roundhouse kick.



Step forward to low kick
with the left leg.



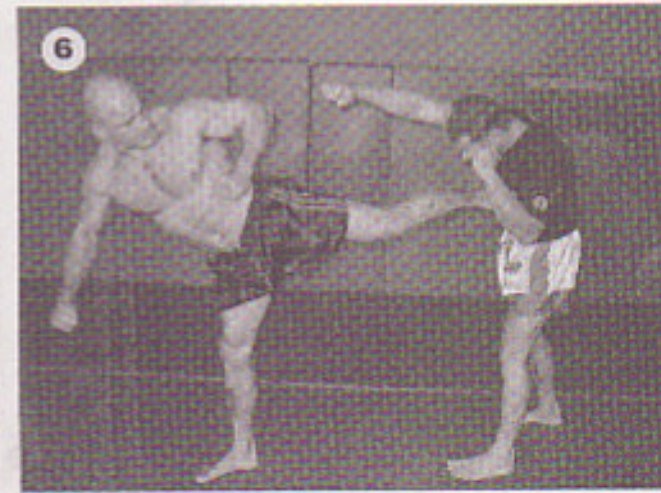
Your left low roundhouse
misses his leg.



Now place the left foot down here.



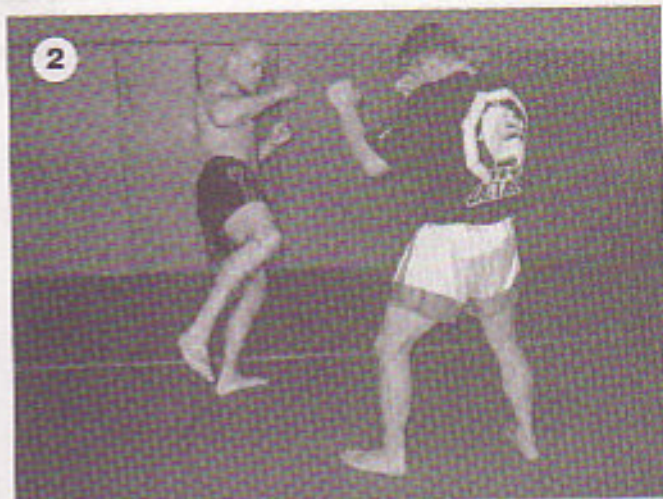
Bring your left leg up as he moves in
to counter your missed kick.



Counter his punch with a
left sidekick to the body.



Now let's look at the sidekick counter from the other side.



With your right leg, low roundhouse kick.



The kick misses, but hold your ground.



Set the right leg down like this.



As he comes in, bring the right leg up.



Sidekick under his punch for the knockout.



Spinning Back Kick:
Fighting stance.



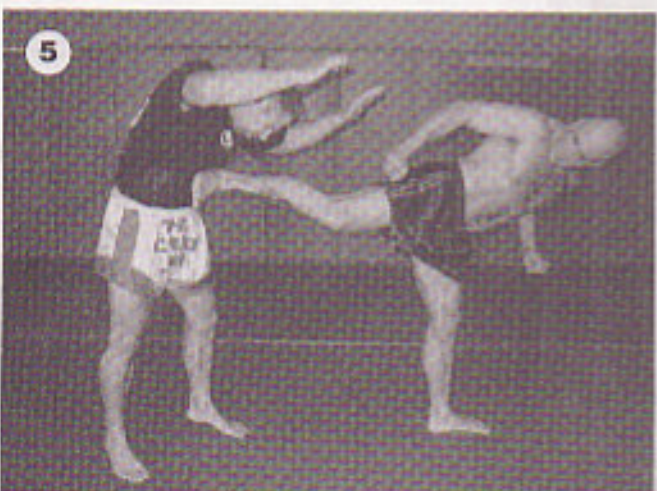
First, step to the right with your left foot.



Turn your body while
looking at your opponent.



Now bring the right leg up.



Finish by kicking straight back
with the heel.

Training Notes



Spinning Hook Kick:
Fighting stance.



First bring your left foot over
into the same line as his right leg.



Turn your body while looking over
your right shoulder.

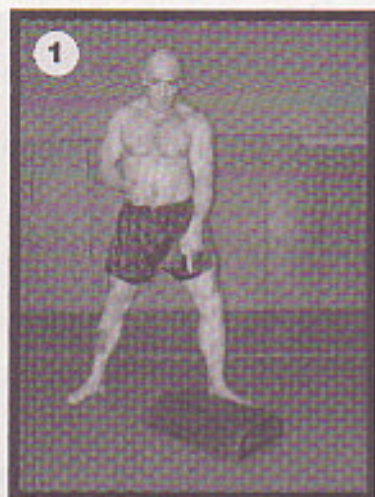


Bring your right leg up straight,
spinning it to the left.

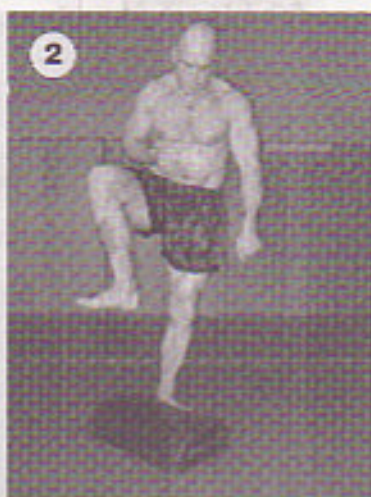


Keep spinning your leg,
striking with your heel to this head.

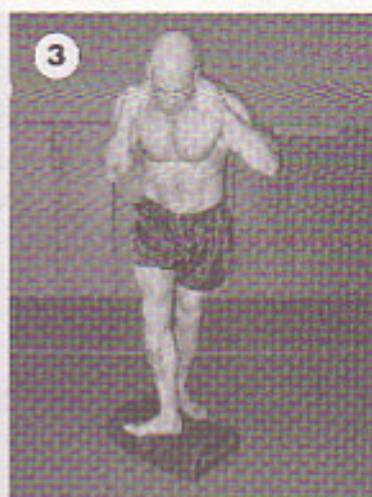
Training Notes



1
Heel Stomping Kicks
on the strike pad.



2
Simple yet devastating
kick. Knee up high.



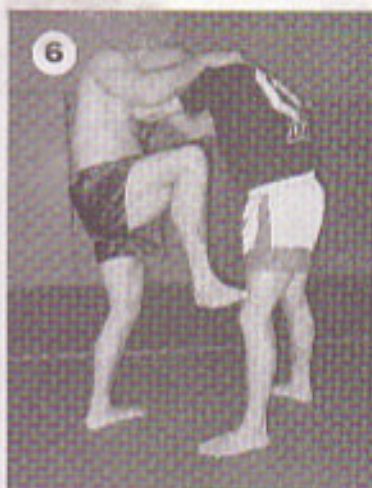
3
Strike your heel down
on the opponent's foot.



4
Pull your toes up high
when making contact.



5
You are close in a clinch
with your opponent.



6
Bring the kicking leg
up high.



7
Stomp down hard
on the top of his foot.



8
Strike this area.

Training Notes



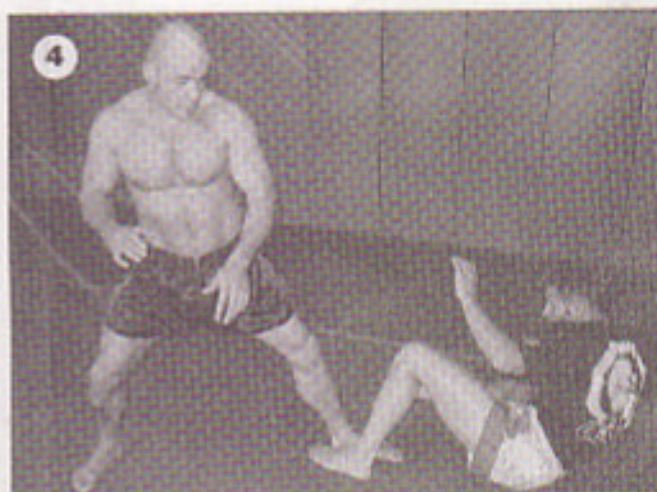
Kicks when your opponent is on the ground.



When he is on his back, push his leg to the side.



Attack with a low roundhouse to his thigh.



Or...



...strike with another low kick to his head.



Another good target is his back.



This is also good.



Bring your leg high to stomp his body.



Instead, fake him and strike down on his knee.

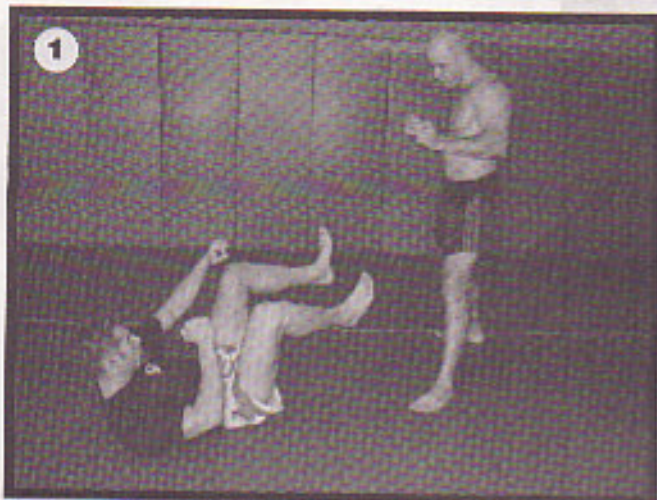


Then another heel stomp.

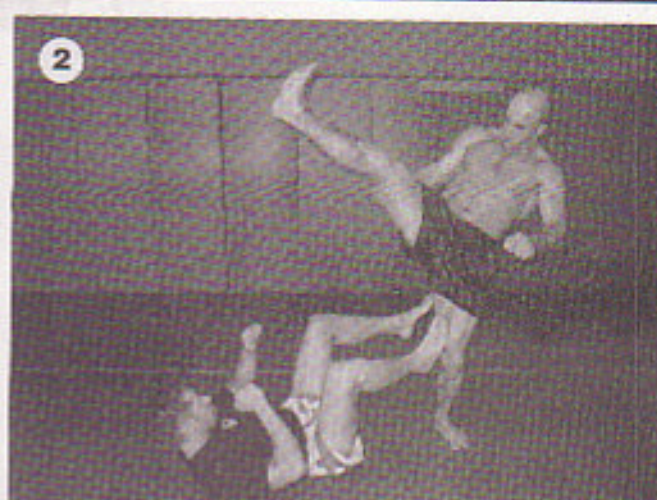


This time, heel kick the head.

Training Notes



Another good Heel Striking Technique.



Raise your leg high, keeping it straight.



Drive your leg down with the heel into his chest.



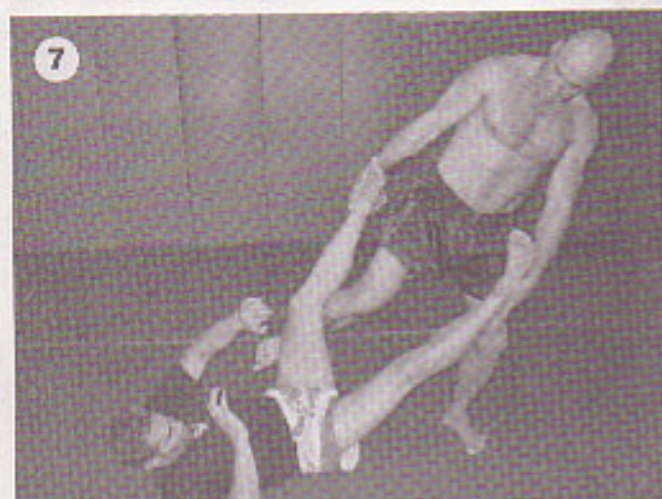
Now if his legs are up.



Grab both ankles.



Open the legs.



7
Roundhouse the back of his leg.
Hold his feet, twisting him to the side.



8
Twist him to the other side.



9
Again, roundhouse kick to the other leg.



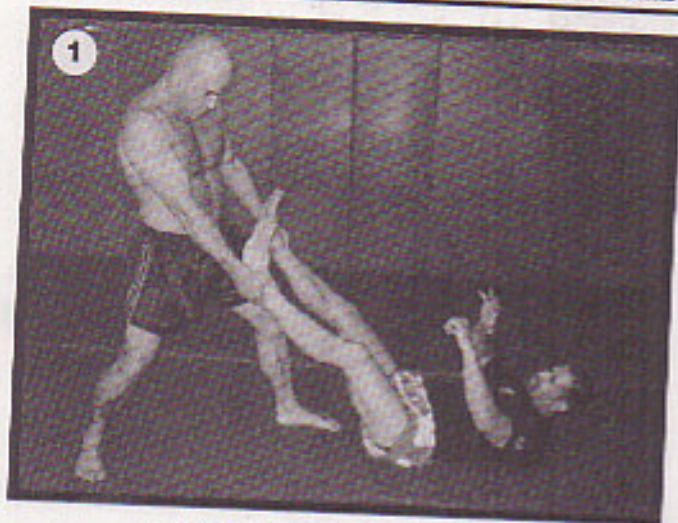
10
Keep holding his ankles.



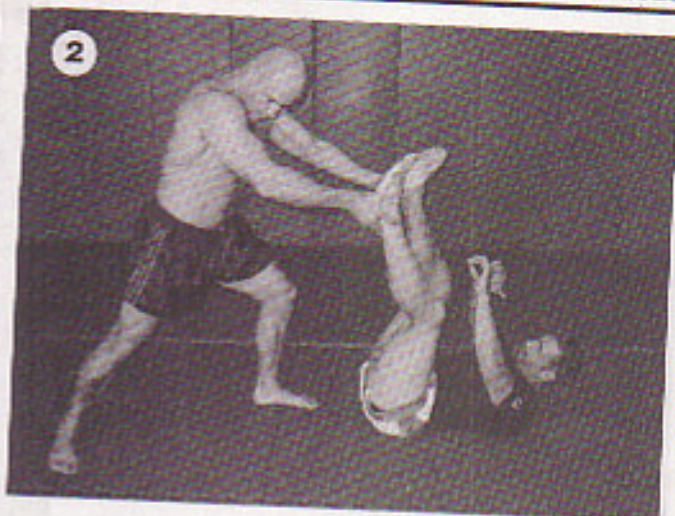
11
Knee up high.



12
Let your hands go and heel stomp his face.



1
Another move to try when holding the ankles...

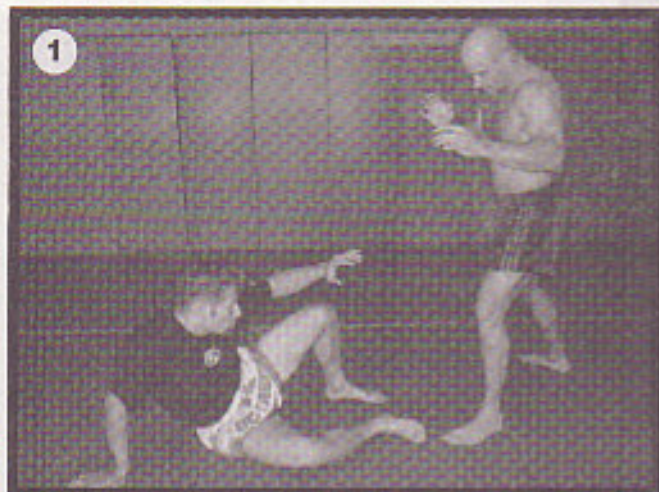


2
...push the legs forward and...



3
...knee into the back of his hamstrings like this.

Training Notes



1
Your opponent takes a common defensive ground position.



2
He kicks at your left leg.



3
Slide back out of reach.



4
Now stomp his right kicking leg.



5
Strike down on his knee with your heel.

Training Notes

Chapter 5

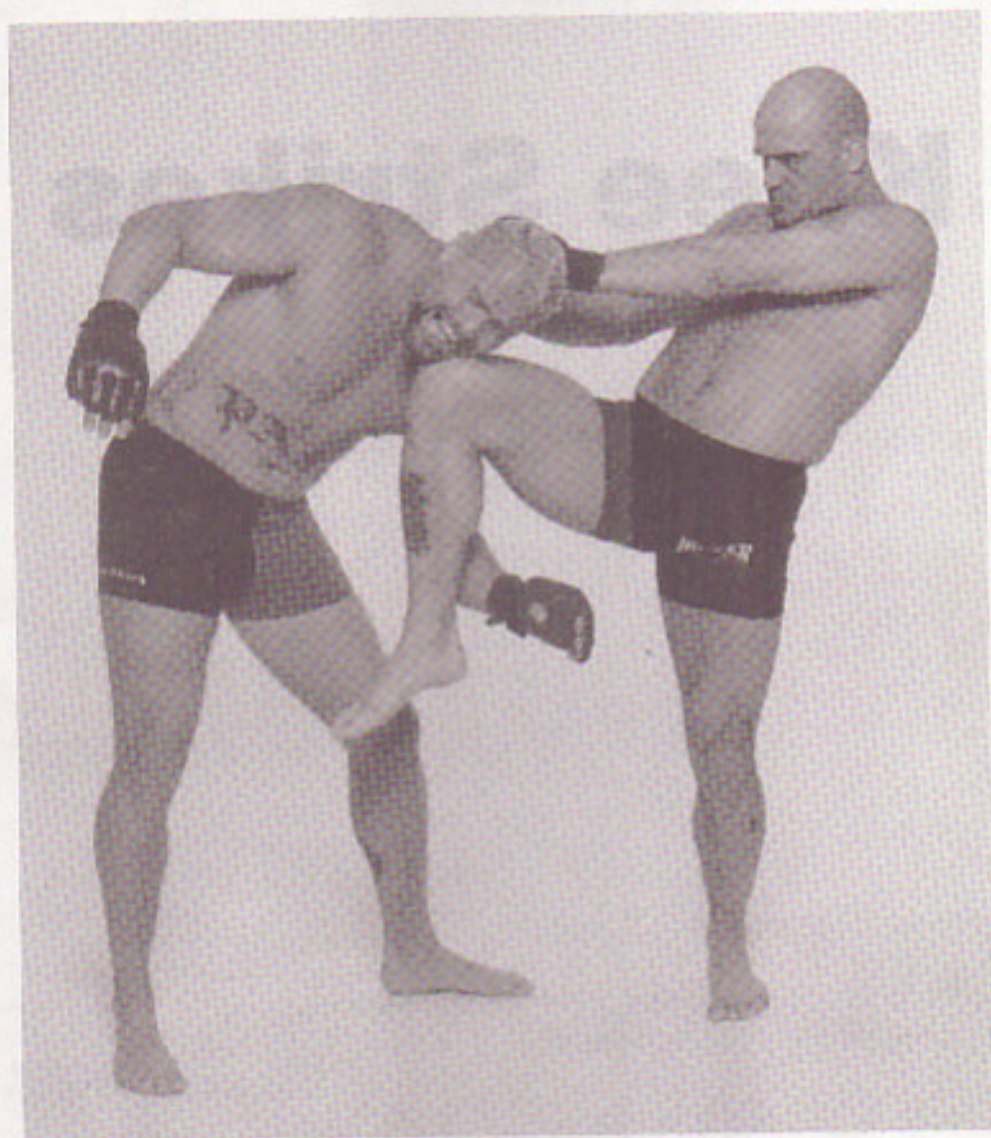
Knee Strikes



Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfighter.net or by calling toll-free 1-800-317-7445. Outside the U.S.A. call 1-949-493-1428.



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Devastating Knee Strikes

In the early years of when martial arts were being introduced to the world outside of Asia, certain tactics were termed "dirty fighting". Among those not so nice techniques were knee strikes. Knees are one of the prime weapons of a well-schooled Muay Thai fighter. And nowadays most mixed martial artists have, or should have, a working knowledge of this destructive blow. Like the elbow is to the punch, a knee is about half as long a weapon as a kick. But the actual striking surface of the knee itself is like a great big knuckle and most of the time the knee, like the shin, is without a glove to soften it's force on the body of an opponent. Because it is a short tool (like the elbow) make sure that you have the right distance. **Create space to get more speed!**

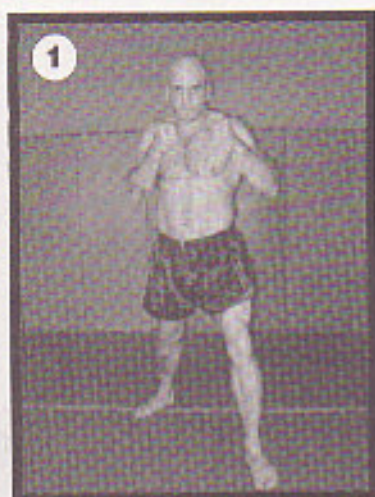
And when you land this strike on someone, don't knee with the inside of your knee. You want to hit with your **kneecap**. It is called a "**knee**", and **not "upper leg" for a reason**. Many times you see people hitting the opponent with their upper leg. This will hurt you if you hit his hip with the soft part of your knee. Don't do that because you may damage yourself more than your opponent.

Keep your foot behind your knee when you throw it to have maximum impact. If you knee somebody to the body, do not stand on your toes with your other leg. That will close the distance and the knee cannot develop enough speed. This is also a mistake that many people make. If you try to knee him to the head and he stands straight up, **THEN** you stand on your toes to get higher.

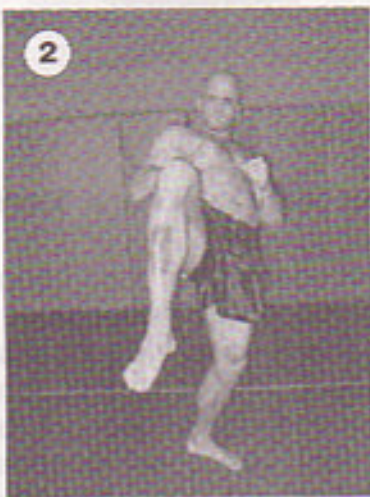
Combine knees to the head and body. For example: if you are using the same leg, throw a right knee to the solar plexus and then immediately throw the same knee around the outside to the head. Or go from leg to body, or head etc.

Do not forget the knees to his thighs! Very effective!

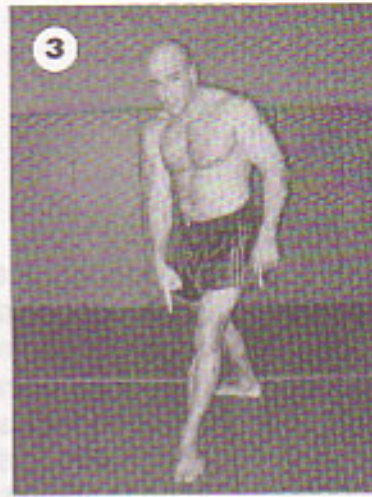
One of the things that really helps make knees work is the use of the clinch, balance, timing, footwork and neck wrestling. The idea behind all of these elements is to create an opening. I will explain these various positions in detail later.



1 Stand in a front stance, right foot back, fists up.



2 Right knee the mid-section by leaning back as you strike upward.



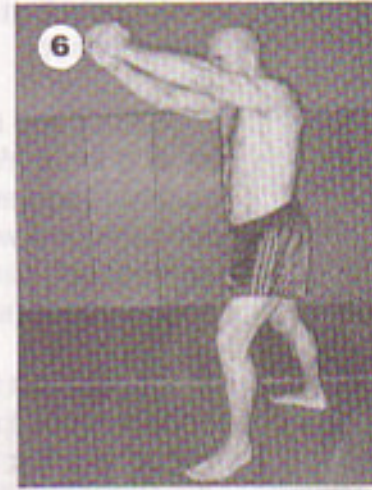
3 Watch my left foot. Twist it to the left as you knee with the right.



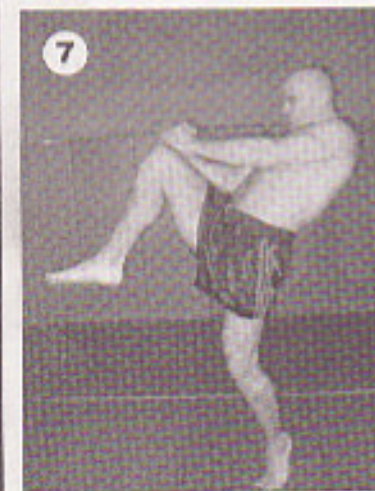
4 The left foot stays flat when completing the right knee to the body.



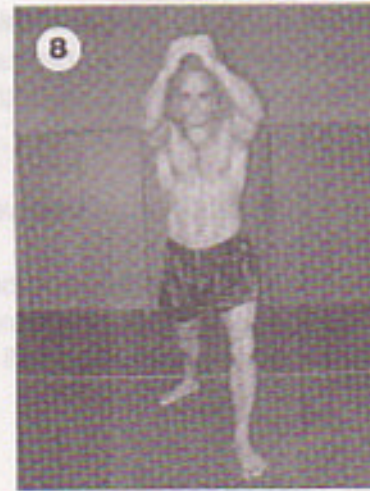
5 Now when you knee to the head...



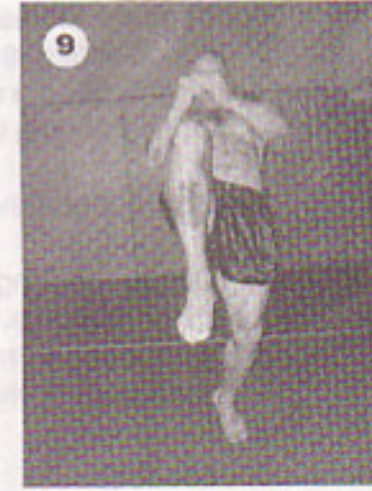
6 ...hold the back of his head with both hands, and knee the face...



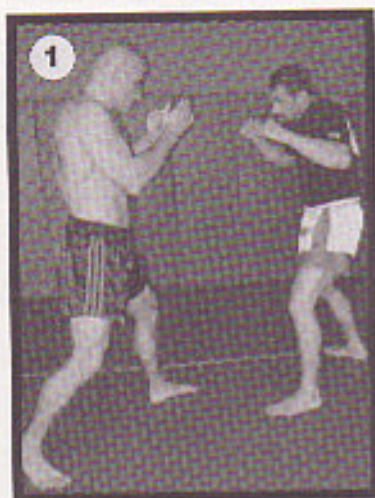
7 ...as you pull his head down. Make sure to come up on the ball of your foot as you strike.



8 From the front...



9 ...drive the knee up and into the head.



1
This is correct knee striking techniques against an opponent.



2
In a clinch, create distance by keeping your right foot back.



3
Drive your right knee into the body.



4
If you are standing too close...



5
...like this, with no space between you and your opponent...



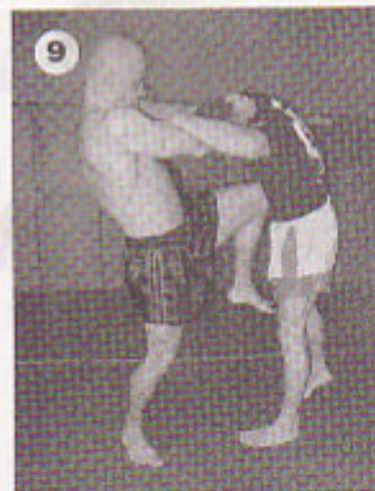
6
...your knee strike will lack knockout power.



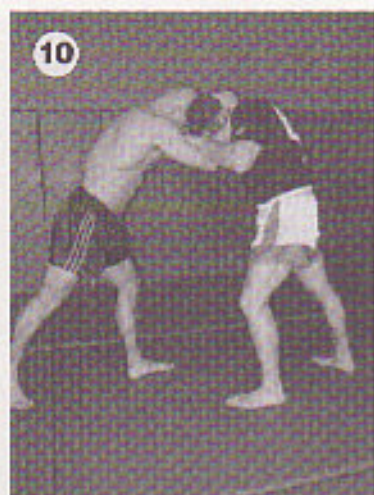
7
Now for a left knee when in a clinch.



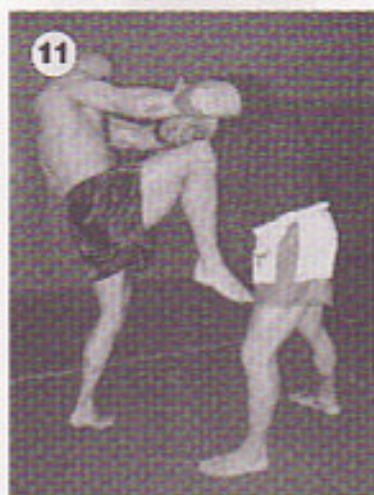
8
Create distance, switch your stance, bringing your right foot forward.



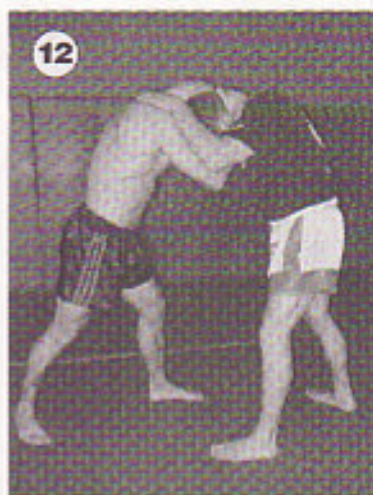
9
You now have distance for a left knee strike to the solar plexus.



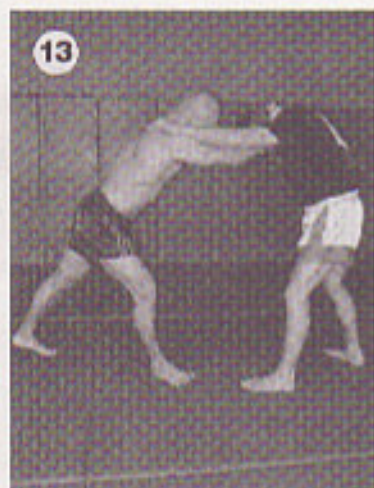
With the right foot back, you have the distance needed to...



...knee strike high into the opponent's head.



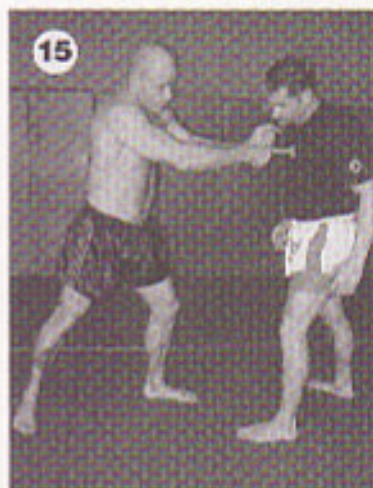
With your left foot forward...



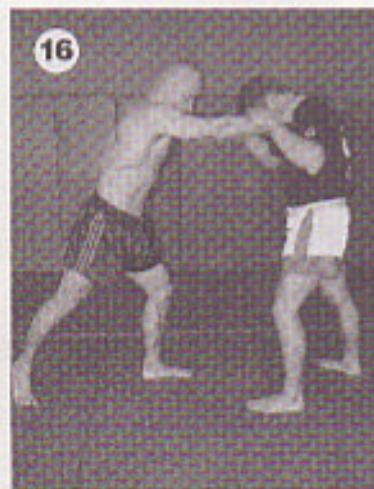
...quickly switch your stance, bringing your left foot back



Left knee to the head.



Another good target to knee strike is high on the chest.



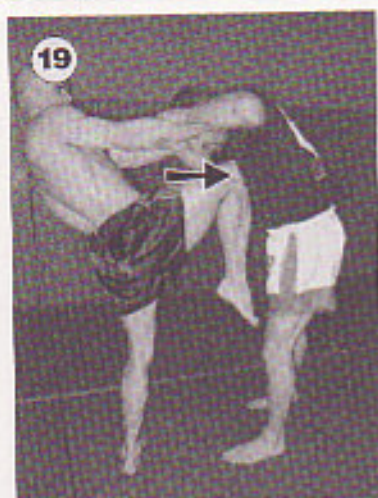
Create distance by bringing your right leg backward.



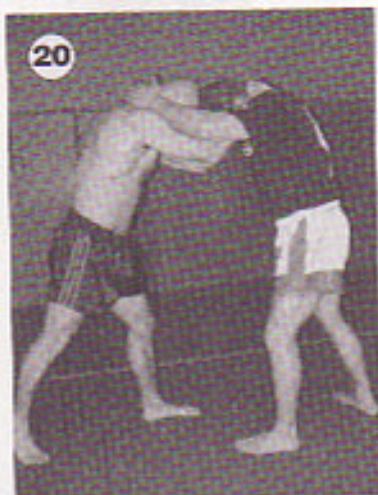
Bring your knee up high...



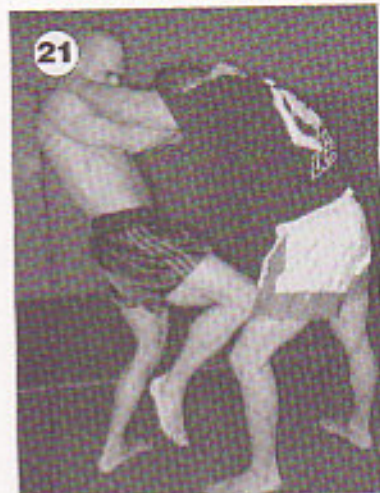
...pushing your knee forward with your hips.



19 Hit hard into the chest or solar plexus. Very painful targets.



20 Starting in the clinch position.



21 With your right knee, strike the front of his upper thigh.



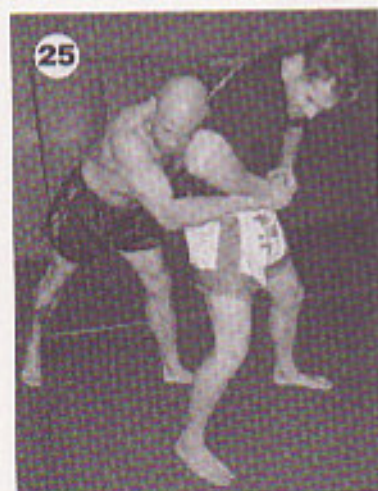
22 Another target is the inside of the thigh.



23 If you find yourself in this position, with your opponent sideways...



24 Deliver a knee into the side of his thigh muscle. This is extremely painful and a good strike here may end the fight.

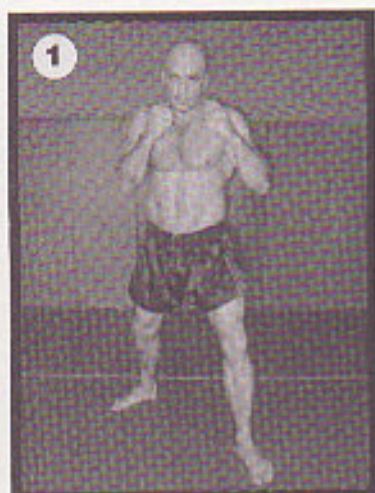


25 When you have your opponent's back...

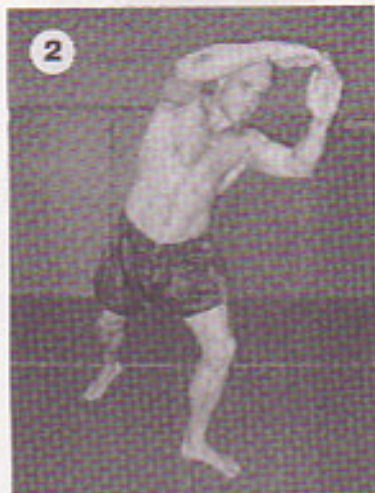


26 ...drive your knee hard into the butt muscle or tail bone.

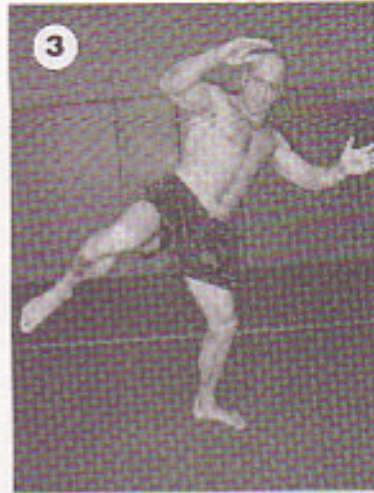
Training Notes



1
Knee strikes from the side. Begin in a fighting stance, left foot forward.



2
Turn your left foot out and lean to the left, your hands up and forward.



3
Bring your left knee up and around.



4
Right knee strike from the side, into your opponent's body.



5
From a clinch position, execute a...



6
...roundhouse knee to the thigh muscle...



7
...to the rib cage...



8
...and high into the head area.



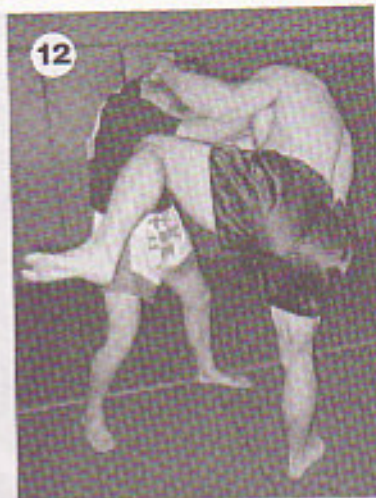
9
You can also knee the shoulders and biceps, which is very painful.



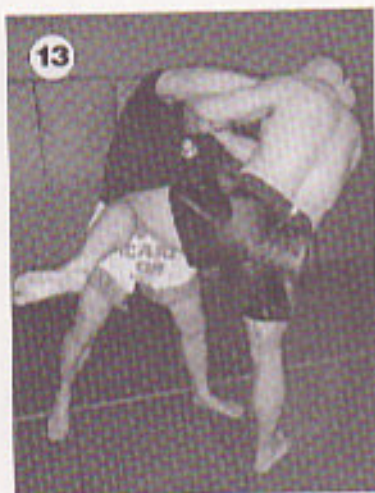
Again, when you are clinching...



...roundhouse knee strikes to the inside thigh are good.



**From a different angle,
roundhouse knee
to the shoulder.**



Roundhouse knee
to the body.



Creating space,
and of course...



...roundhouse knee
to the head.

Training Notes

11



This is an excellent drill for conditioning and creating powerful knee strikes.



Clinch position, your right foot back. Your partner holds a kick pad over his midsection.



Drive the right knee up and into the pad.



Bring your left foot back...



...and strike the pad with your left knee, then put your left foot back.



And now swing your opponent the left.



Controlling his head...



...turn him completely around.



With your right foot back...



...deliver a right knee into the pad.



Then bring your left leg back...



**...and execute a left knee to the pad,
then put your right foot back...**



...and this time swing your partner to the right...



...controlling his head...



...ending with your left foot back.



Drive a left knee into the pad...



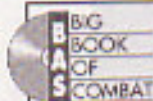
...followed by the right knee.

Training Notes

Do the previous routine at full speed for 5, one-minute rounds, alternating each round with your partner.

Chapter 6

Blocking & Slipping Techniques



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Defensive Blocking & Slipping

What can I say about this chapter? Just try **not to get hit!** It sounds difficult and trust me, it is difficult. But, with real dedication and by practicing a few basic principles, anyone can learn to have good defense.

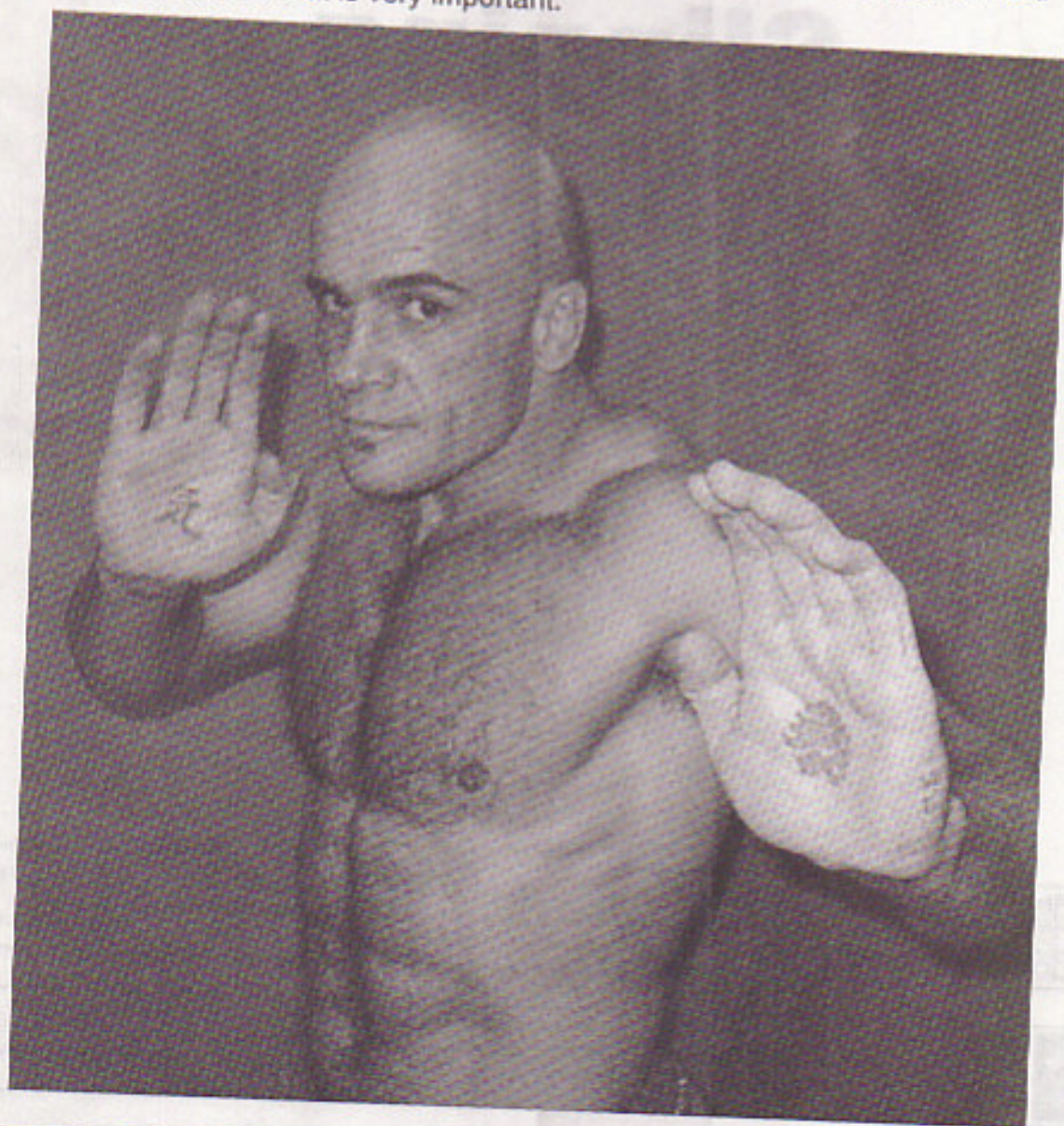
I think the best thing is to always stay out of reach of your opponent's hands. You don't have to be real far away, just barely out of their danger zone. So even when you block, and you miss that block, he still can't reach you. But if you are too far away it will take longer to get close enough to your opponent to deliver an offensive or counter attack.

With kicks this distance is more difficult because the legs are longer than the arms. But because the legs are slower than the hands you will see kicks coming easier than punches. Kicks that are set up with a punching combo are more difficult to read. But here I go again; practice will do the trick... and lots of sparring.

Standing on the balls of your feet will make sure that you move faster forward and backward, so that is very important.

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Whatever you do, **keep looking at your opponent!** Never turn your head away. If you keep looking and you get hit, at least you can move with that punch, or punches, or you can get ready for the impact. The punch that you don't see coming is the KO punch or kick. A fighter who just has been KO'd will often tell you: "I didn't see the punch or kick, what did he hit me with?"

So that is the most important thing, eyes on your opponent, whatever happens, **DO NOT TURN AWAY!** If you get into trouble from strikes you can always grab your opponent, tie up the arms and clinch.

Also, keep your hands in front of your face and your elbows low to protect your body. The best place to keep your hands is just below your eyes or just above your eyebrows, depending on the attack that is happening. Do not hold your hands directly in front of your eyes because if your opponent hits your hands you will hit yourself in your own eyes!

If you block kicks and punches, make sure that your hands and elbows stay in pretty much the same position. This is for kicks and punches to the upper body plus head of course.

If you start blocking kicks to the body with your hands, you will leave your head open. If your opponent is a smart one, he can use that to set you up with a combination where he kicks to the body and follows up with a punch to the head.

Also, if you leave your hands in front of your face and your elbows low to protect the body, you will have no "panic reactions". You are in a good position to just 'cover up' and weather their storm.

But if you have your hands all the way at your waist **and you are in punching range** and your opponent suddenly punches you to the head and you want to block that punch with your hands (imagine you are up against the ropes so you can't pull your head back), you have to bring your hands up real fast. If you do that, you will leave your body totally unprotected; you can only imagine what your opponent is going to set you up with next.

I am not including leg kicks here but if they can use them too, man, you are going to be in trouble.

If you DO want to bring your hands down and "look cool" or just shake your arms so that the lactic acid gets out of your shoulders, do that when you are **out of the reach of your opponent**. If you go back into the reach of him, bring them back up!

Never block leg kicks with your hands. Once somebody starts to do that, one of the next kicks will be to the head.

Imagine that a guy would block my low kicks with his hands. I would low kick him again just to make sure he was still going to do it. Then, I would let him think that I was going to kick his leg again by looking at his legs while I attack, and then without out warning I would kick high. Bang, KO!

Take the kick, or check them with your shins or the area just below the kneecap. That's the only right way to block a low kick. Of course you can also move backwards and let him miss.



1
Defense against a straight punch to the head. Ready position.



2
Never stay within reach of the punch, when blocking.



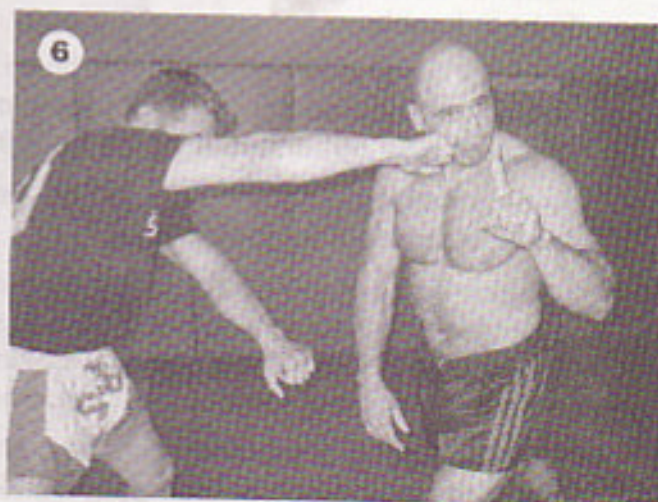
3
Hold your ground, lean back out of reach, blocking with your right.



4
Do not block...



5
...like this, even though your block is successful, there is danger.



6
As you can see, I am wide open to a counter strike to the head.



Ready stance.



Important Point. Only lean back far enough to be just out of reach.



Only move back this distance.



As you can see, I am out of reach of his right straight punch.



Never go far back like this because you won't be able to counter successfully.



Lean back and block the punch like this, you are in good countering distance.



Slipping techniques
against a straight punch.



Move to the right,
slipping his left straight punch.



Same against the right punch
but slip to the left.



Like this.

Training Notes

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Block the left hook by bringing your right arm up like this.



Keep your right hand tight to your ear to protect your face.



Same blocking technique against the right hook.



This is another defensive technique against hook punches.



Just move away from the hook and let him miss.



Same technique against the right hook. You are now in good counter range.



1
Defensive bobbing and weaving
against the hook punch.



2
Duck under the hook.



3
Drop down without moving back,
keeping your eyes on your opponent.



4
Look how strong your stance is
and you are ready to counter.
(Do the same with his right hook.)



5
Blocking the uppercut.



6
When he punches, stop the hand.



Block his right uppercut
with your open right hand.



When he uppercuts left,
block with your left hand.



You can also just lean away, letting him miss. Same technique with either hand.

Training Notes

with another and block the left neck



Blocking straight punches to the body.



Twist your body inward, blocking the punch with your forearm.



Block the right punch the same, with your left forearm. Don't bring your hands down.



Blocking hooks to the body, right hook.



Keep your elbows in, protecting with your arm, and block the left hook.

Training Notes



Defending against knee strikes in a clinch position.



Watch. If he pulls your neck all the time...



...put your right or left arm over his arms.



Now put your head on your arms and he cannot pull your head down further.



Block his knee by extending your arm down with the hand open.



This is how it should be done.



Don't block like this!



If your block is too high he can still hurt you.



Remember keep the arm down like this.



Catch his knee low so that he cannot develop speed.

Training Notes



1
Defense against a low kick
to the inside of your leg.



2
He wants to kick you here
so you must protect the leg.



3
Block with your shin by
raising your left leg.



4
You can also just back up with
both legs and let him miss you...



5
...or step back with the left leg
and let it go by.



6
Now defending against a right low kick
to the outside of your leg.



Again, raise your left leg, blocking with the shin or...



...step forward when he kicks, jamming his leg, and counter.

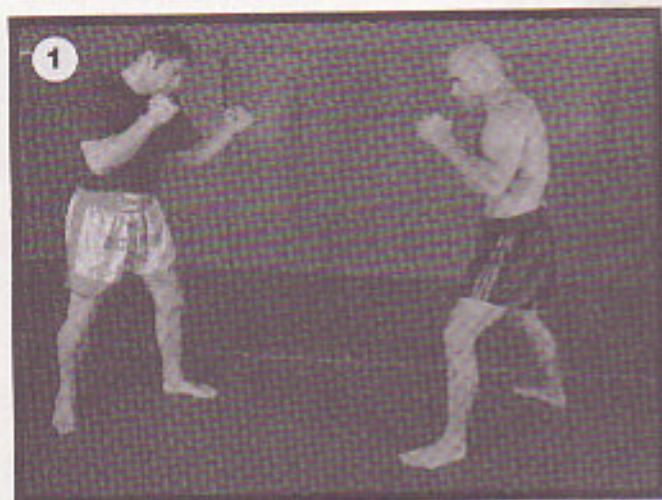


Another defense against the outside low kick is to jump back with both legs, or...



...you can raise your left leg to check his kicking leg with your foot to stop the attack.

Training Notes



1 Protecting against kicks to the body.



2 Never block like this!
The kick can still hit your kidneys.



3 Turn and block like this,
with your forearms.



4 Notice how your entire body is protected.



5 Blocking head kicks.



6 Block with both arms up
in front with your hands open.



Same with the left kick to the head.



Again, block with both arms up in front with your hands open.



You can also lean back out of range to avoid getting hit.

Training Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or printed text on the paper.



1
Defensive blocks against side kicks.



2
If he side kicks your body, you only need to move back this far.



3
As he kicks your body, hold your stance.



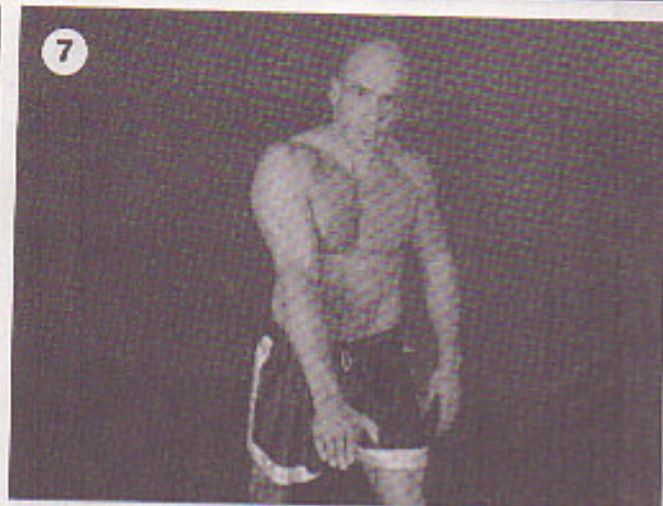
4
Avoid getting hit by leaning back out of range like this.



5
Another sidekick defense is the open hand block. Start here.



6
Bring your right hand down, pushing his kick down.



Finish here.



This is how it's done against his right sidekick.



You can also block the sidekick with a closed fist to the side. I like this one.



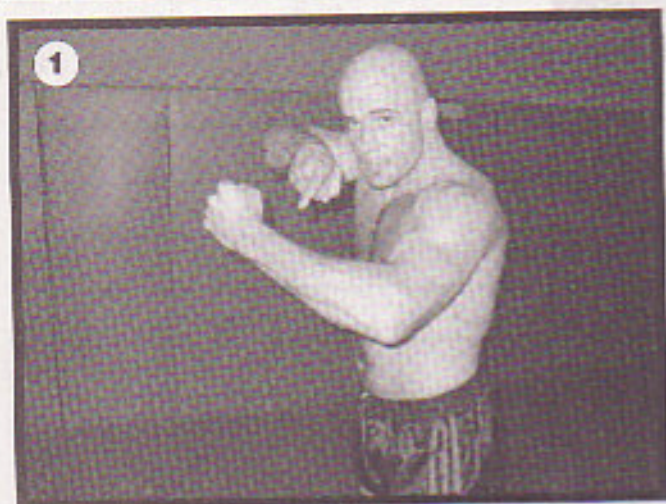
Block down across your body to the outside.



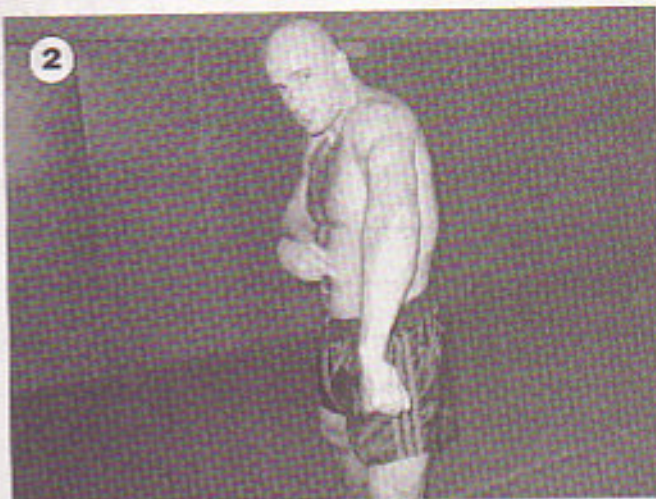
Finish here.



The closed fist blocking technique pushing his leg to the side. Keep your left hand up!



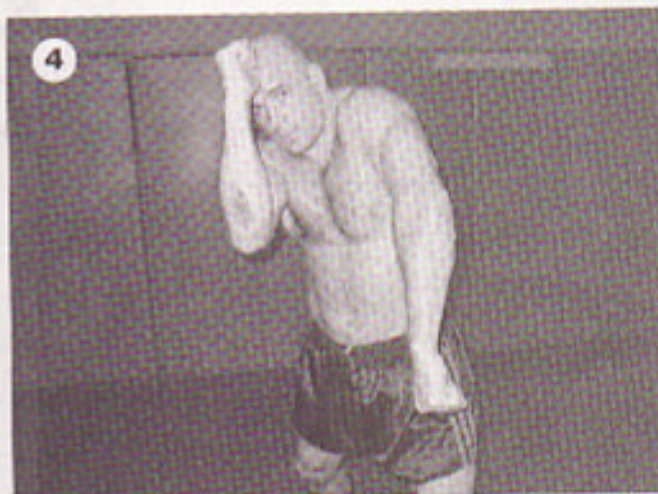
Block against a front kick.



With this technique, block down, twisting your arm like this.



As you block down with the left, block high with the right arm to protect your head. He could fake a kick to punch you.



The block should look like this.



He front kicks to the body.



Block the kick to the outside and protect your head at the same time. (Block his right with your right.)

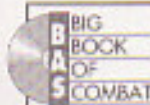
Training Notes

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Chapter 7

Defensive Counters Against Strikes



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Defensive Counter Strikes Against Stand-up Punching Attacks

Same as in the last chapter, the most important thing is distance.

If you stay just slightly out of his reach, you don't have to come all the way back in a long way to counter.

For example, if he gives you a right straight and you jump two feet backwards, you have to jump two feet forward to counter, and that is NOT going to work against a good fighter, trust me.

You can make him miss punches or you can also block the punches and counter them. The choice is yours. The pictures will explain everything!

Again, very important, **keep looking at your opponent at all times!** Because sometimes he will counter your counter and if you stay sharp, you can counter that counter again. Is it getting confusing?

So, in this chapter we open with a block or slipping technique that we had in the last chapter and we counter it with combinations of punches and kicks.

Now it starts to get interesting.

The combinations you can make are endless and of course I don't have to tell you that I didn't put all of them in because otherwise I still would have still been busy with making the book.

So I'll give you the starting point, then it is up to you to find new combinations, combinations that you like and that suit you. And remember, if you are a professional or amateur fighter and you are in a fight that goes to the judges, you won't win by just slipping or blocking strikes. You must land strikes of your own, whether they are counter strikes or offensive strikes.





1
Begin in a fighting stance,
left foot forward.



2
With your right hand,
parry his left straight punch.



3
Counter with a left
straight punch to the face.



4
Follow with a right
straight punch to the face.



5
A left hook punch.



6
Finish with a right to the face.



1
With your right hand, parry his left punch to your face.



2
Counter with a left straight punch to the face.



3
Follow with a right straight punch.



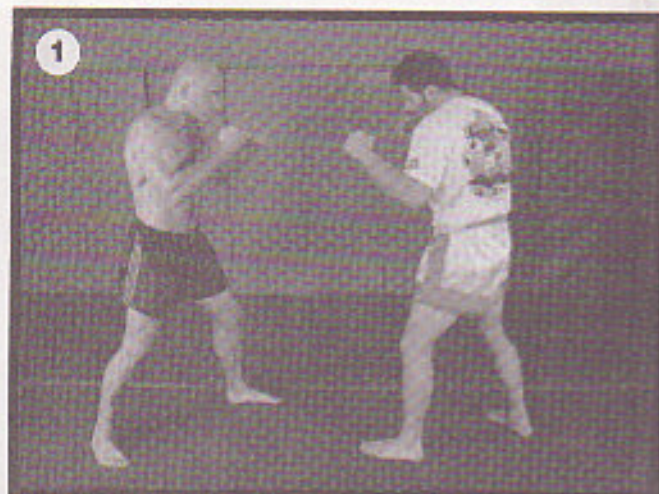
4
Left hook to the liver.



5
Right straight punch to the face.



6
Finish with a left straight punch to the face, awkward but very effective.



Ready Position.



Again we parry his left punch to the face with our right hand.



Counter to the head with a left straight punch.



Now follow with a right straight punch to his face.



Left hook to the rib cage.



Finish with a right elbow to the jaw.



Ready Position:
Keep your hands high in front.



Parry his left straight punch
with your right hand.



Left straight punch to the face.



Follow with a right
straight punch to the head.



Left leg roundhouse kick to his midsection.



End with a right straight punch to the head.



Ready Position.



Parry his left punch to the face with your right hand.



Left straight punch to his jaw.



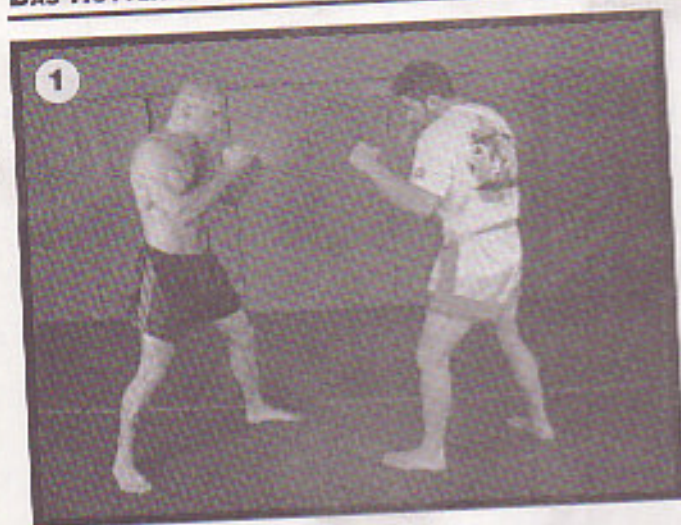
Right straight punch to his face.



Move your upper body back.



End with a low roundhouse kick to his left thigh.



Ready Position.



Parry his left punch with your right hand.



Step right, with your right leg. Make a left leg roundhouse to the inside of his left leg.



Follow with a straight right to his head.



Left straight punch to the head.



Finish with a right leg roundhouse to the head.



Ready Position.



With your left hand, block his right punch to the head.



Counter with a right straight punch to his jaw.



A left hook punch.



Finish with a right elbow.



Elbow to the head.

1



Ready Position.

2



Parry his right head, punch with your left hand.

3



Counter with a right straight punch to his head.

4



Follow with a left leg roundhouse to the inside of his left leg.

5



Finish with a right elbow to the head.

Training Notes

**Ready Position.****Block his right punch to your head with your left hand.****Counter with a right straight punch to his head.****Switch your legs.****Roundhouse to his body with your right leg.****Finish with a right straight punch to his face.**



Ready Position.



Block his left punch to your head.



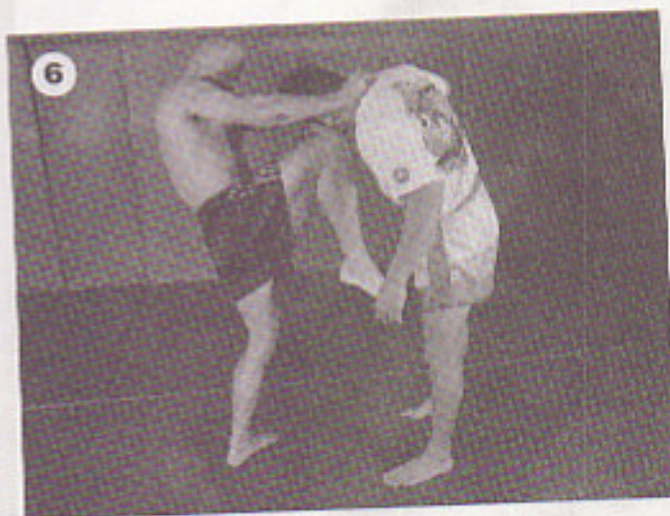
Counter with a right straight punch to his face.



Follow with a hook to the body.



Grab the head.



Pull his head down, kneeling his face with your right knee.



Ready Position.



With your left hand, block his right punch to your face.



Counter with a right straight punch to his head.



Step to the right and roundhouse the inside of his left leg.



Set down with your left foot forward.



Finish with a right straight punch to his jaw.



Ready Position.



Block his right punch with your left hand.



Counter with a right straight punch to his face.



Left roundhouse kick to his midsection.



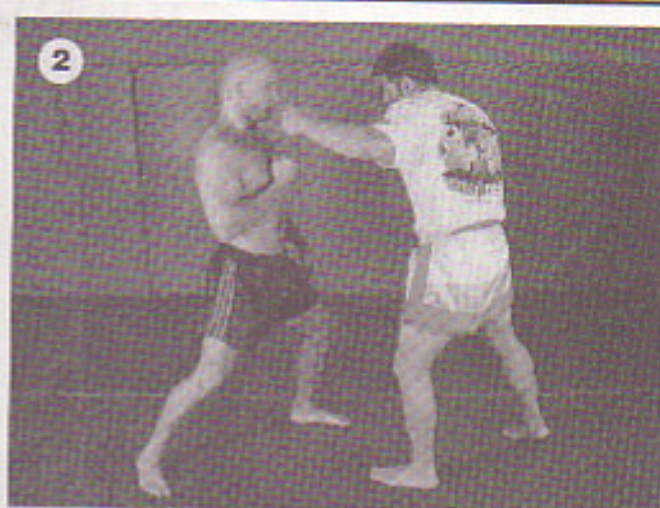
Follow with a right straight punch to his jaw. Turn your body back to the right and...



...finish with a high right roundhouse kick to his head.



**Countering Hooks:
Ready Position.**



**Keep your stance and lean back
away from his left hook to your head.**



As the punch misses come back.



Right straight punch counter to his head.



**Follow with a low left roundhouse
to the inside of his left leg.**



**Finish with a right
straight punch to his jaw.**



Ready Position.



Hold your stance, leaning away from his left hook.



Counter with a low right roundhouse to his left leg. Put your right foot back and...



...follow with a left hook to his jaw.



Now with a big right straight punch to his face.



Finish with a low left roundhouse kick to the inside of his left leg.



**Countering Hook:
Ready Position.**



**Raise your right arm, blocking his
right hook to your head.**



Come off his punch ready to elbow.



Finish with a right elbow to his jaw.

Training Notes



Ready Position.



Again we block his left punch to the head by bringing our right arm up.



Counter with a right hook to his jaw.

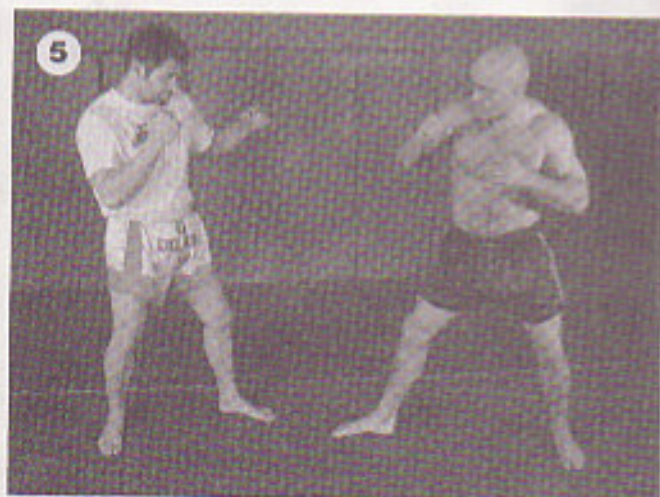


Now a right hand uppercut under his jaw.

Training Notes



Finish with another left hook to the jaw.

**Ready Position.****Block his left punch to the face with your right forearm.****Counter with a left uppercut to his jaw.****Follow with a right straight punch to his head.****Skip and switch your feet, bringing your left leg back.****Finish with left roundhouse to his head.**



Ready Position.



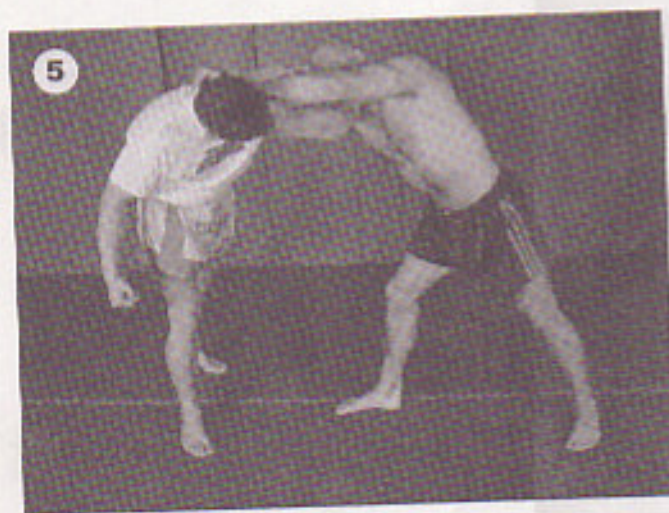
Again block his left punch to the face with your right arm.



Counter with a left elbow under the jaw.



Grab his head.



Skip your left leg back to knee.



Finish with a left knee to the head.



Ready Position.



Drop under his left hook to the head.



Counter with a right straight punch to his jaw.



Now step forward with your right leg.



Bring your right foot forward to this point.



As soon as you slide your foot up, execute a high left roundhouse to his head.



Continue with a right straight punch to his head.



Switch legs bringing your left leg back.



Finish with another roundhouse kick to his body.

Training Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or printed text visible on the paper.



Ready Position.



Keeping your stance,
drop under his left hook to your head.



Come back towards him to strike.



Counter his hook with a right
straight punch to his face.



Follow with a left upper cut to the jaw.



Finish with a right
straight punch to his head.



Ready Position.



Your opponent tries to right hook.



Bob away from his right hook, holding your stance.



Counter with a right straight punch to his face.



Grab his head.



Finish with a right knee to his face.



Ready Position.



Hold your stance and lean away from his right punch to your head.



Counter with a right punch to his jaw.



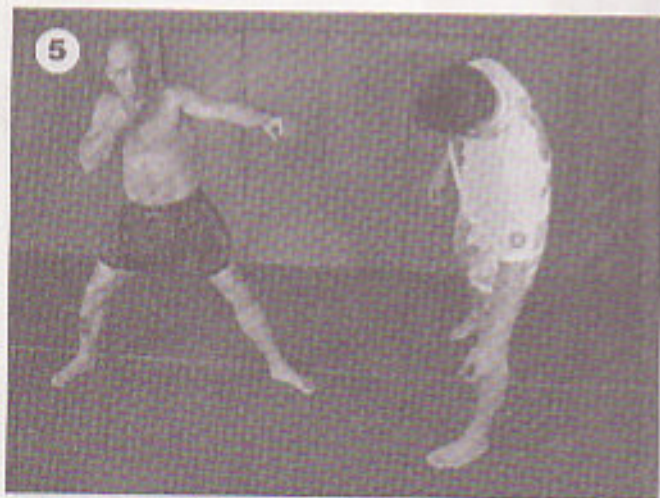
Follow with a left to his jaw.



Finish with a low right roundhouse kick to his left leg.

Training Notes

**Ready Position.****Bring your left arm up to block his right hook to your head.****Counter with a right uppercut to his jaw.****Then another uppercut with your left.****Follow with a right elbow to his face, then turn the upper body back to the right.****Finish with a low right roundhouse kick to his left leg.**

**Ready Position.****Block his left hook with your left arm.****Counter with a right hook to his jaw.****Follow with a left hook to his face.****Bring your right foot back to kick and step back.****Roundhouse with your right leg to his head for the knockout.**



Ready Position.



Again left arm block his punch to your head.



Right elbow to his head.



Grab his neck and knee his solar plexus with your right leg.



Bring the right leg back.



This time finish with a right knee to his face.



Ready Position.



Go under his right hook, holding your ground.



Turn your hips left.



Left uppercut his liver.



Follow with a right elbow to his head.



Finish with a left hook punch to the jaw.

**Ready Position.****Hold your stance and lean back away from his left uppercut.****Counter with a right straight punch to the jaw.****Follow with a left low roundhouse kick to the inside of his left leg.****Finish with a right straight punch to his jaw.****Training Notes**



Ready Position.



Hold your ground, leaning back away from his left uppercut to the jaw.



Notice how he misses but I am still close enough to counter strike.



Counter with a right straight punch to his head.



Follow with a left hook to his jaw.



Finish with a right roundhouse kick to the back of his leg.



1

**Countering Uppercuts:
Ready Position.**



2

**Block his left uppercut to your jaw by
catching it with your open left hand.**



3

Counter with a right hook to his jaw.



4

You can also do this!



5

**Counter with a right elbow.
Either one will finish him.**

Training Notes

**Ready Position.**

Again hold your ground as you lean away from his right uppercut.

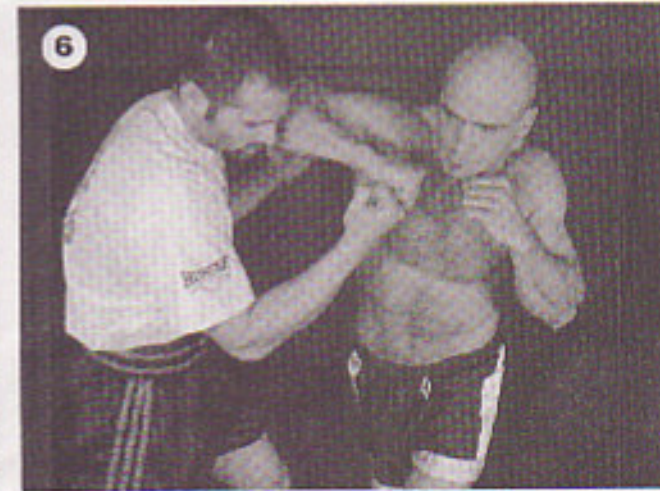


Counter with your right elbow to his head.



Finish with a powerful left hook to the jaw.

Training Notes

**Ready Position.****Catch his right uppercut with your open right hand.****Left hook counter to his jaw.****Follow with an upward right elbow under his jaw.****Hook punch his liver.****Finish with a right elbow to his head.**

**Ready Position.****Using your left elbow, block his left uppercut to your body.****Come right off your block with a right elbow to his head.****Follow with a left hook to the jaw.****Right uppercut under the chin.****Finish him off with a left hook to the jaw.**



Ready Position.



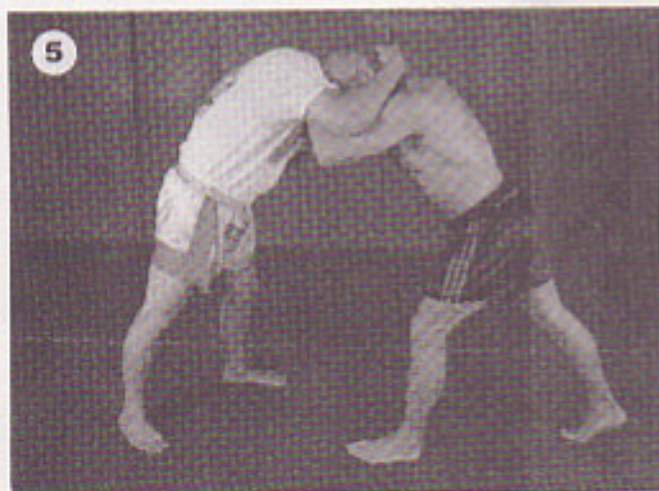
Block his right uppercut to your body with your left elbow.



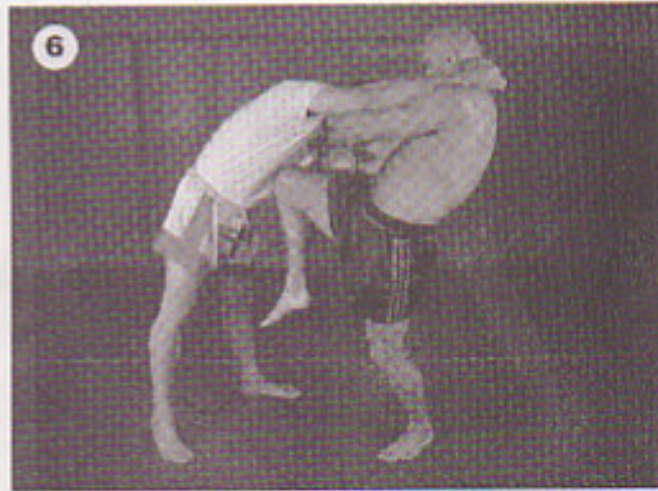
Come right off the block and upper cut to his jaw.



Follow with a right hook to his jaw.



Grab with both hands behind his neck.



Pull his head down, kneeling him in the face with your right knee to finish.



Countering Straight Punches To the Body: Ready Position.



Turn right, blocking his right body punch with your left forearm.



Your block should look like this.



Counter with a right straight punch to his face.



Follow with a left to the face.



Finish with a right hook to the jaw.

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Ready Position.



Block his right upper cut to your body with your right forearm.



Counter with a right hook to his jaw.



He's a tough guy and throws another right to the body that you again block.



Now right elbow his head.



Finish him with a right knee to the solar plexus.



Ready Position.



Block his left body shot by turning your right forearm in.



Counter with a left punch to his face.



Follow with a right straight punch to the jaw.



Roundhouse with your left leg to the body.



Finish with a big right hand to the jaw for the knockout.

An extra note here.

You see me making the counter combinations for punches. You can use all of those combinations after different punches that you block or slip. I will give you an example.

If I block a left straight from him like I did in the pictures, and I counter that left straight with a left straight, right straight, left hook, right low kick, put my foot back, and another right straight. You can use that exact combination every time after your counter begins with a left straight. So if he attacks me with a right hook and I move backwards, I can counter exactly the same: a left straight, right straight, left hook, right low kick, put my foot back, and another right straight.

Another example:

If somebody attacks me with a left hook, I lean back, let him miss and counter attack with; a right straight, left hook, right straight and a left low kick inside. I can do exactly the same combination when he would attack me with a right straight, I block the right straight (like I show in the pictures) and then counter with; a right straight, left hook, right straight and a left low kick inside. See? The same. You can do this with all the attacks of course.

This will also count for the next chapter, BLOCKS AND COUNTERS AGAINST KICKS! Lets use that last example that I showed here. If now an opponent would attack me with a left kick to the body, I could ALSO counter with exactly the same counter that I just used; a right straight, left hook, right straight and a left low kick inside, same thing again. Or he attacks me with a right low kick, I check the kick AND counter with; a right straight, left hook, right straight and a left low kick inside.

So that's why you see me doing only doing a few combo's at the end of this chapter, you can use all the counter attacks that I showed before when he attacked me with different punch combinations.

Another note, once you start a counter with a, let's say, left low kick inside, you can counter with all the offensive attacks that I make in Chapter 9 that start with a left low kick inside. Please keep this in mind!! This way you will get more out of this book!

Good luck and explore!!

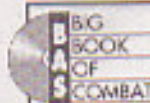
Training Notes

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Chapter 8

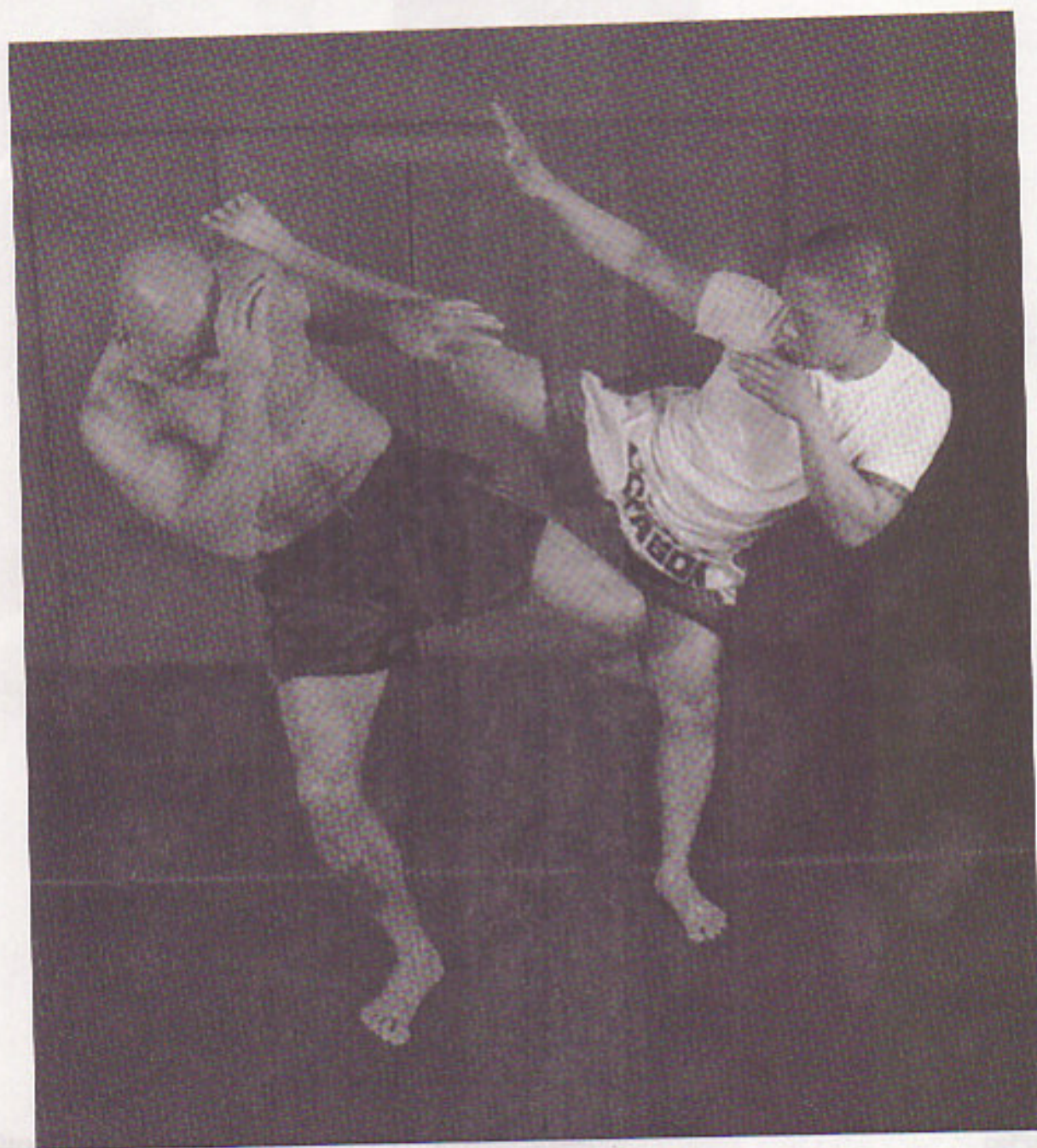
Blocks and Counters Against Kicks



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Defensive Blocks & Stand Up Counter Strikes Against Kicking Attacks

You are going to see me repeat a lot of phrases in this book. So with that in mind, Keep looking at your opponent at all times! I will constantly remind you of this, just to get inside your head!

The pictures will clarify everything. The principles are the same as countering punches.

With kicks, you don't want to give him time. So, if you block a kick, counter it right away as fast as you can. This sounds logical, right? Then why do so many people continue NOT to do it?

At the moment he kicks you, most likely his defense will be a little off. THAT is the time to counter. If he kicks you to the body, block then kick or punch right away.

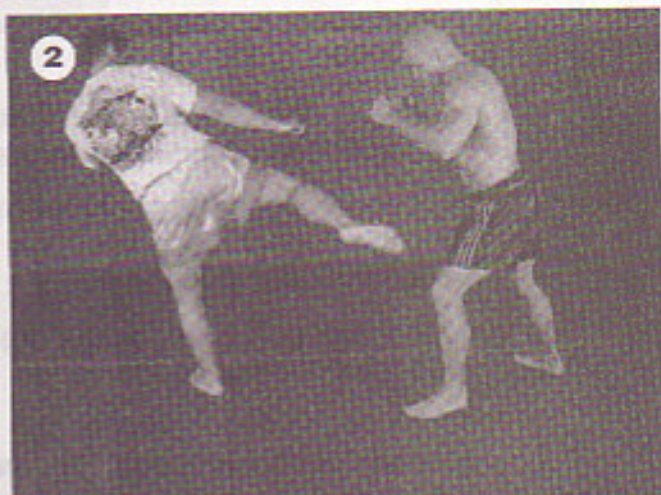
Do NOT block... look... then kick (or punch) back. It must happen immediately, like Bang/Bang (block/kick or block/punch). That is how fast it has to go. I wrote the words together on purpose so that you would get it.

You will see that I block roundhouse kicks to the body different than the way other people do, especially the right roundhouse to the body. The way I do it, I set myself up for a counter punch right away. See if you like it. I do!





Fighting Stance.



As he right low kicks your left leg, jump back a full stance to avoid the kick.



As his momentum brings him forward counter with a right straight punch to his jaw.



Now switch your legs, putting your left foot back and your right foot forward.



Finish with a left low roundhouse to the back of his leg.

Training Notes

**Fighting Stance.**

Moving forward, so your punch can reach, and block his low kick with your left shin.



Counter with a right straight punch to the face.



Follow with a left hook to the body.

Training Notes



Finish with a right cross to the jaw.

**Fighting Stance.**

Again, with your shin, block his low roundhouse to your left leg.



Counter with your own low roundhouse to the back of his left leg.



Step back with your right foot.



Right straight punch to the face.



Left hook to the jaw.



Fighting Stance.



He goes to low kick your left leg.



Bring your left leg back to avoid his kick.



**Put your left foot down,
ready to roundhouse.**



**Counter with a high roundhouse
kick to his head.**



**You can also go to the body.
Kick to whatever target is open.**



Fighting Stance.



Again we use the left shin to block a low kick to our left leg.



Set the left foot back to kick.



Roundhouse to the body.



Finish with a right cross to the jaw.

Training Notes



Or you can avoid his low kick by...



...jumping back enough so he misses.



Counter with your own right low kick to the back of his leg.



If you have the flexibility,
the head also makes a good target.

Training Notes

[illegible]



Fighting Stance.



Block his left roundhouse kick with both your forearms.



Counter with a left straight punch to the jaw.



Follow with a right straight punch to the jaw.



Finish with a left hook to the body.

Training Notes



In this technique we will catch his kicking leg.



Fighting stance.



With the left arm, under hook and catch his right leg roundhouse kick to the body.



Counter with a right straight punch to the face.



Left hook to the body.



Grab the head and finish with a right knee to the face.



Fighting Stance.



Again we catch his left roundhouse to the body.



Now we counter with a right elbow strike to his leg.



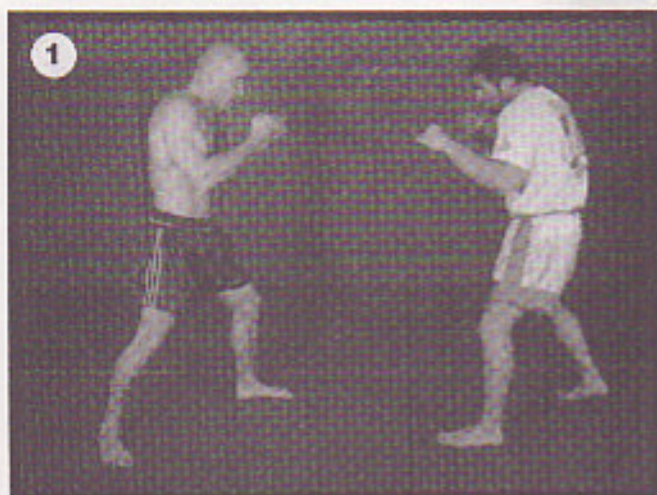
Hit down on his thigh with a pointed elbow strike.



Bring your right elbow to the left.



Finish by coming back with your right elbow to his jaw.



Fighting Stance.



With your left arm, catch his ight roundhouse kick to the body.



Control the leg and counter with a right straight punch to the solar plexus.



Follow with a high left roundhouse kick they won't expect.



Put your right leg back, grabbing his head with your right hand.



Finish with a right knee to the face.



Fighting Stance.



Catch his right roundhouse kick to the body.



Right straight punch to the face.



Now keep holding his leg and grab the right shoulder with your right hand.



Step in, hooking your right leg around his left leg.



Hook his leg like this.



7 Push on his shoulder and he will go down.



8 You are in control, ready to strike.



1 Now when he grabs your leg like this...



2 ...don't panic, just wind up...



3 ...and blast his face with a punch.



4 Turn your back to him, put your knee down and pull your leg out.



Fighting Stance.



Here he grabs and holds your right roundhouse kick to his body.



Move fast, grabbing his head with both your hands.



Under hook his left shoulder with your right hand.



Pull your leg down and out from his left arm. Your right leg comes back to knee.



Finish with a right knee to his rib cage.



1
Another situation where he has hold of your kick.



2
Grab his head for control and balance.



3
Jump high, kneeling him in the face with your left knee.



4
Another technique you can do.



5
Grab the head again but go lower this time.



6
Jump and strike with your knee into his solar plexus.



Check this one out. He has your left leg.



Bring your right arm to elbow strike.



Drive the point of your elbow down into his collarbone. Very painful.



A strike here will break his collar bone. Very painful.

Training Notes

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In this situation you have his left leg.



Holding the leg,
left straight punch his face.



Let the leg go and
right straight punch his face.



Switch legs, bringing your left leg back.



Finish with a high left leg
roundhouse kick to the head.

Training Notes



Here's another good technique to use when you have his leg.



When you grab his kick on the right side of your body...



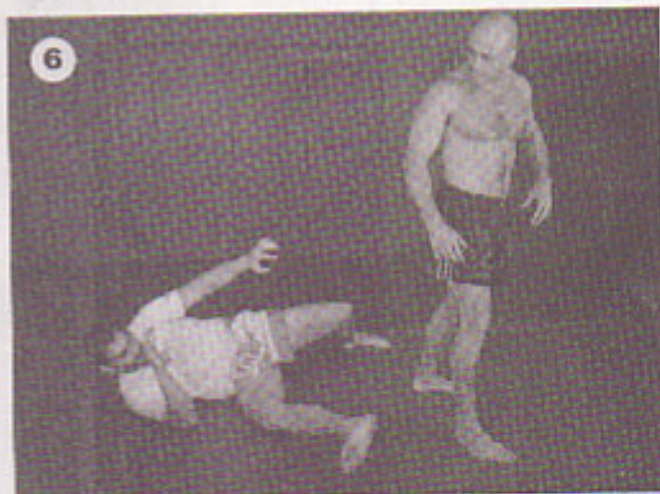
...immediately step out to the left side so the kick doesn't have impact.



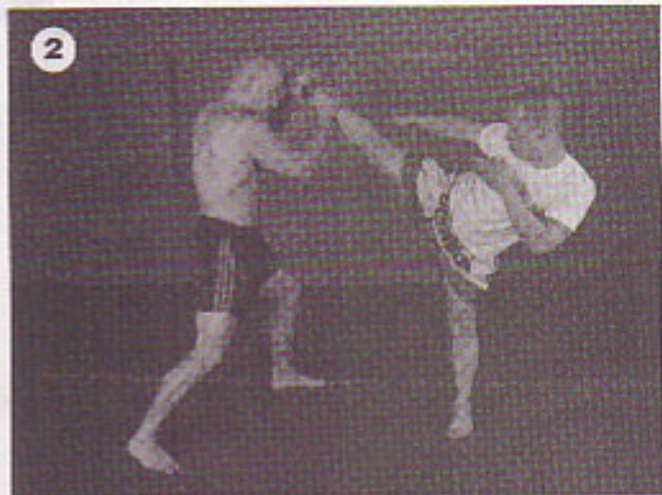
The second you have his leg you must counter, rapidly, as if all one movement.

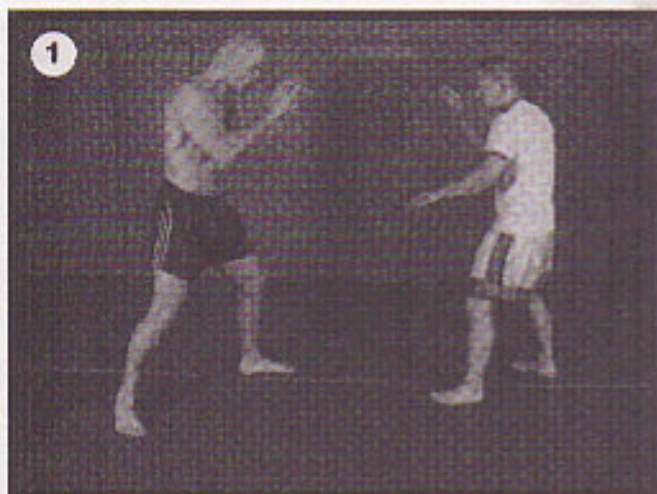
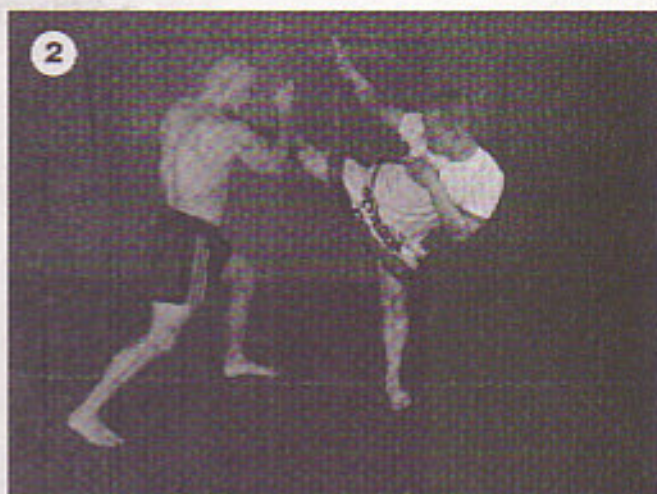


Kick out his supporting leg from behind the knee.

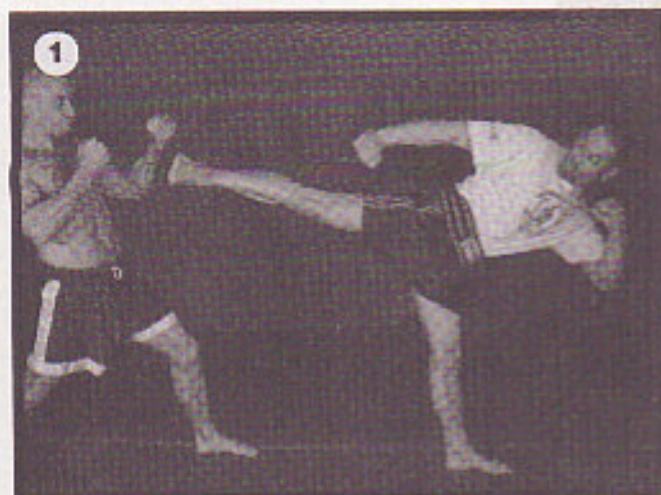


He will go down and you are in control.

**Fighting Stance.****Hold your ground and block his right roundhouse kick with your open palms.****Quickly counter with a low left roundhouse to his left leg.****Now his left roundhouse kick.****Block with open hands.****Counter with a low roundhouse to his supporting leg.**

**Fighting Stance.****Block his right roundhouse kick to your head.****Counter with a left straight punch to the face.****Finish with a right straight punch to the head.**

Training Notes



Here he attempts a left leg sidekick to your midsection.



As you move back, push his leg down with your right hand.



Now you have turned him and he is off balance.



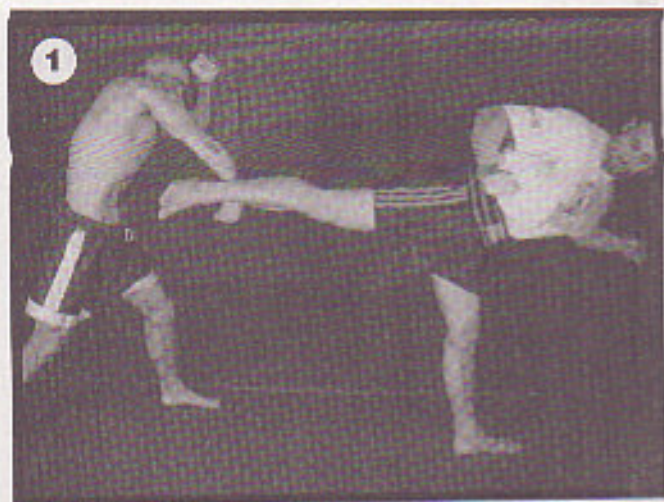
Take advantage of it with a right straight punch to the face.



Follow with a low roundhouse to his leg. Step back down with your right foot, then...



...finish with a high roundhouse to the head.



1 More counters you can do after pushing his side kick away to the side.



2 When he turns, counter with a low roundhouse kick to the back of his right leg.



3 Again, if you have the flexibility, roundhouse the head.



4 This kick will finish him.



5 Follow with a right straight punch to the head.



6 Finish by hitting the jaw.

**Fighting Stance.**

Step back, pushing his right front kick to the side. Keep your left hand up to block.



Right away, counter with a low kick.



Step in with your right leg, executing a low left roundhouse to the back of his right leg.



Finish with a high right leg roundhouse kick to his head.

Training Notes



Fighting Stance.



He goes to throw a left front kick to your body.



Block by pushing it to the left with your left hand. Keep your arm right up to block.



With your left leg, counter with a roundhouse to the back of his left leg.



You can also do this.



Execute a high roundhouse to his head.

Chapter 9

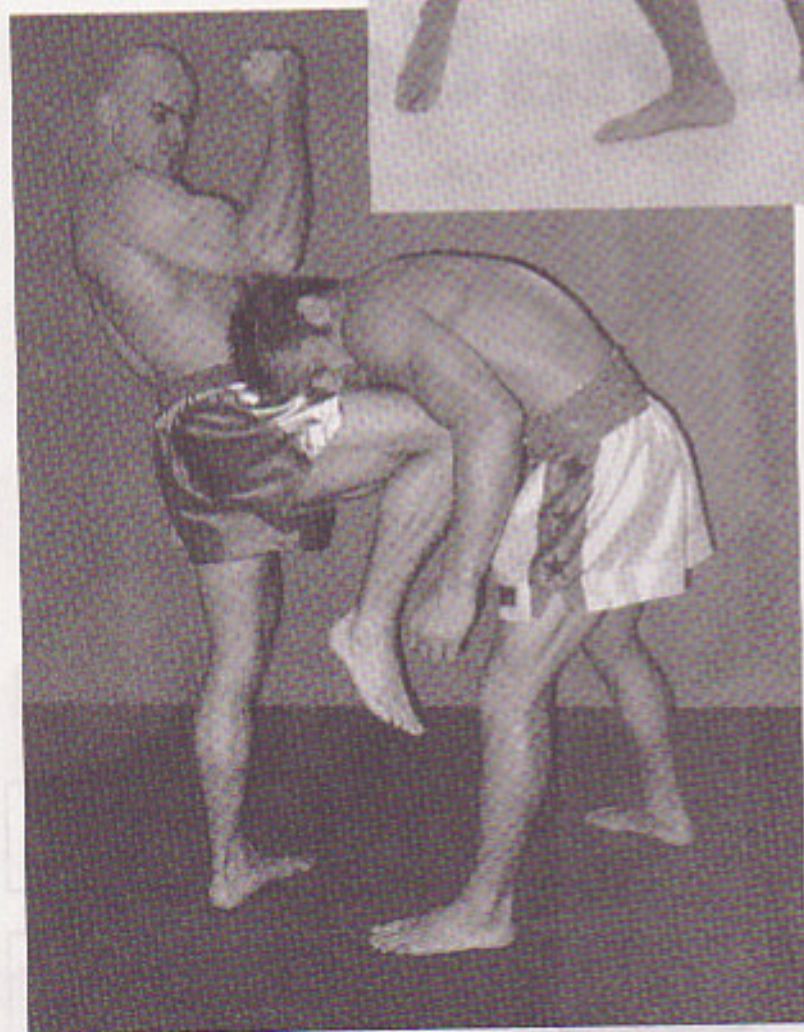
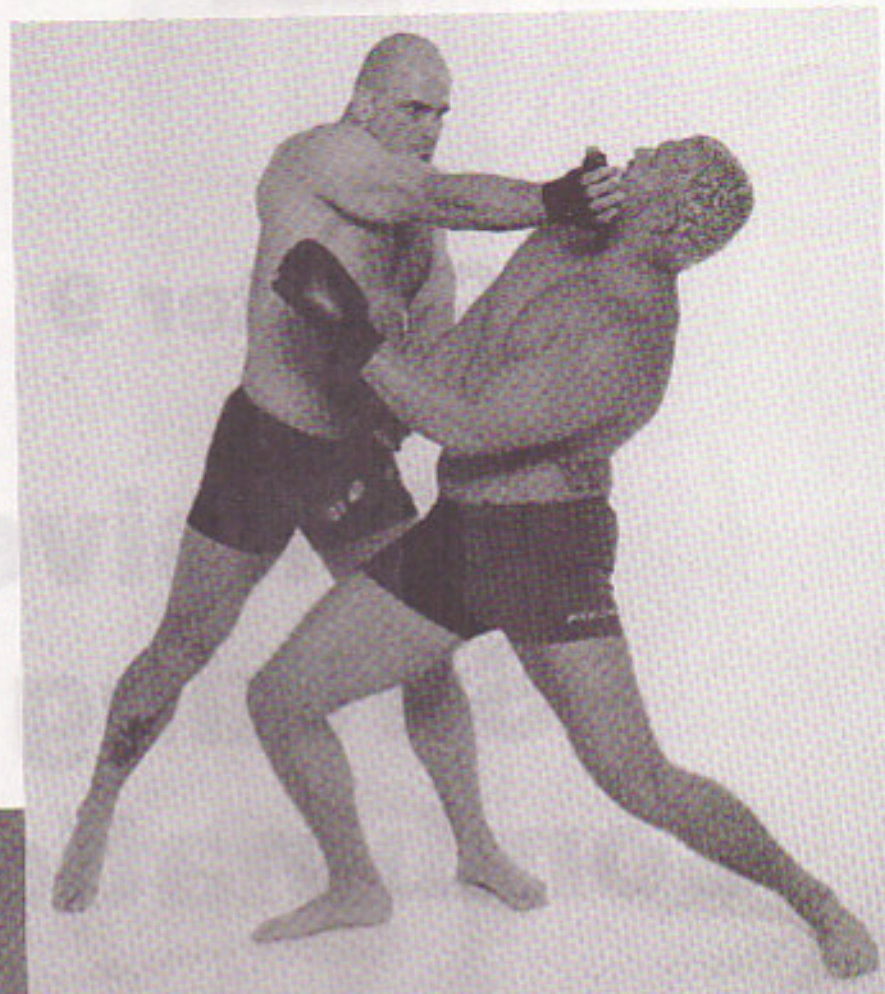
Offensive Striking Combinations



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Offensive Stand Up Striking and Kicking Combinations

Attacking combos, Yes!

Work his body. Go from the bottom to the top.

Let's break this down logically. If you hit somebody to the head, he will bring his defense up, so what are you going to attack next? Right, his body.

If you attack somebody with an inside low kick, and you do it again, he will be distracted. Maybe then it is time to do it a third time and follow it up with a nice punching combination.

So distract your opponent. Make them think that you are going to do one thing and then do something completely different. Don't be predictable. When two great warriors meet, who are very close in physical skill, sometimes becoming the winner comes down to which one is the most clever.

Also, and I said this many times, if you knock your opponent down and he gets an eight count, what is he going to protect when they restart the fight? Yes indeed, his head! So start attacking his legs or body, and then when he is busy protecting those areas, hit the head again (because now it's probably unprotected).

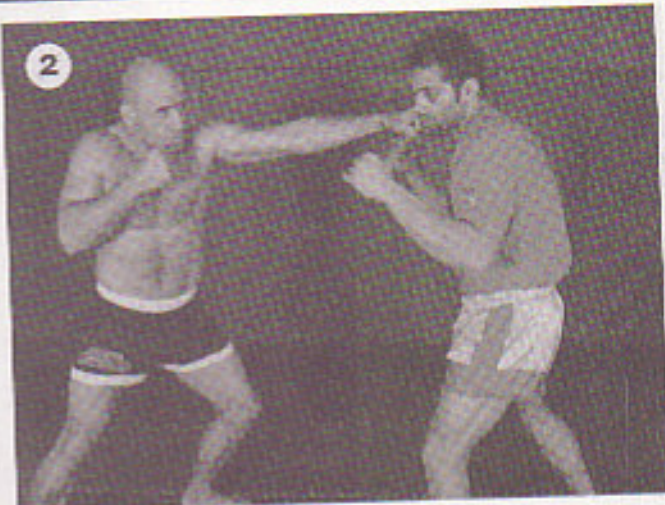
Set him up, that will be your key to success.

Now go and train!

**Fighting Stance.****Left straight punch to the face.****Follow with a low right roundhouse kick to his left leg. (Hey, it works, so do it again.)****Left straight punch to the face.****Finish with another low right roundhouse to his left leg.****Training Notes**



Fighting Stance.



Left straight punch to the face.



Step a little forward with your right foot, keeping your left hip in the same position.



Now a high left roundhouse kick to the head.



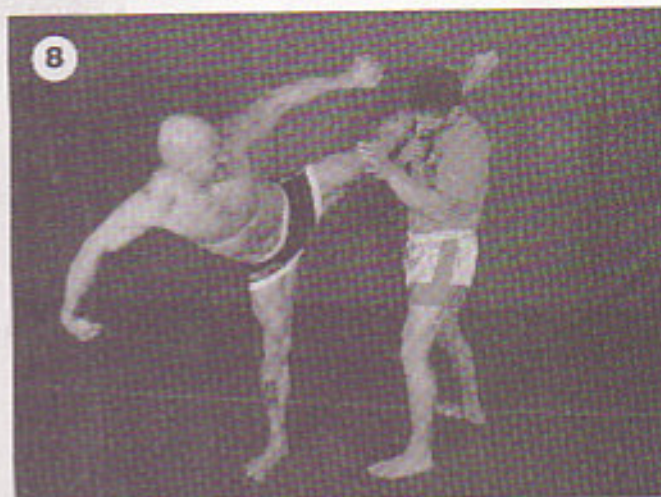
Follow with a right straight punch to the face.



Then left straight punch for the knockout. (Right straight, left straight may sound confusing, but trust me, they work!)



Switch your feet fast, bringing your right leg forward and left leg back.



Left leg roundhouse to the head.

Training Notes

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1 Begin in a clinch position.



2 Work his body with a right hook punch to the ribs.



3 Hit like this.



4 Now he blocks his side.



5 Go with a right uppercut to the jaw.



6 Finish with a left hook to the face.

**Fighting Stance.****Go to a clinch position.****Right knee to his body.****Follow with a left knee.****Push him away for distance to kick,
and all in one move...****...follow with a right roundhouse
kick to his head.**



Fighting Stance.



Right straight punch to the body with your right hand.



Follow with a left hook to the head.



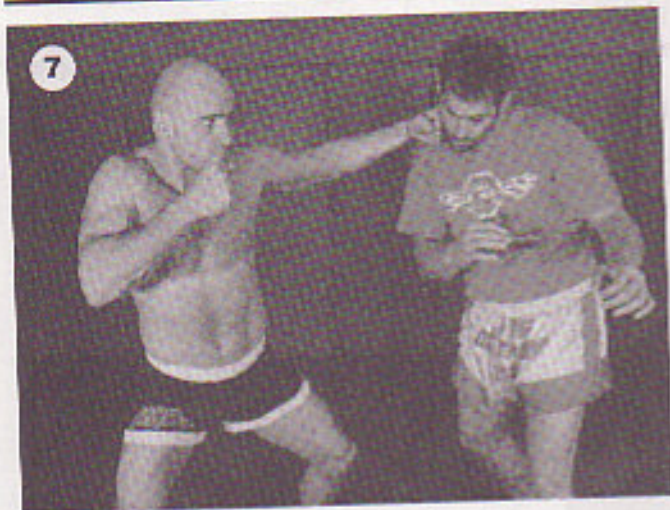
Right straight punch to the head.



Left uppercut to the solar plexus.



Look at your movement, as you get ready to left hook.



Left hook to the head.



Right straight punch to the face.



Switch your feet, bringing your right leg forward.



Left roundhouse to the body.

Training Notes

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Fighting Stance.



**Ready a left hook, to the jaw.
Look at the movement.**



Left hook comes to the side of his jaw.



Right straight punch to the solar plexus.



Left hook again to the face.



Finish right straight punch to the face.

1



Fighting Stance.

2



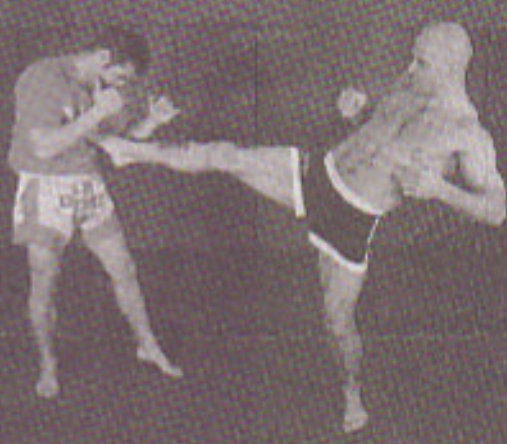
Fake a right leg roundhouse kick.

3



Switch your leg to a front kick.

4



Front kick to the solar plexus.

5



Right straight punch to the face.

6



Finish left uppercut to the body.



Fighting Stance.



Step forward with the left foot.



Left low roundhouse kick to the inside of his left leg.



Step forward after you kick.



Right straight punch to the face.



Grab the head and right knee the solar plexus.



Fighting Stance.



Step forward, with the right foot and left roundhouse the inside of his left leg.



Right straight punch the face.



Follow with a left hook to the face.



Turn you right hip back.



Finish with a low roundhouse to his left leg.

**Fighting Stance.****Left straight punch to the face.****Follow with a low right roundhouse kick to his right leg. He blocks it with his hand.****Do the exact same punch/kick sequence.****Step right foot back.
Left straight punch to the face.****But now you finish with a right leg
roundhouse to the head.**



Fighting Stance.



Left straight punch to the face.



Right straight punch to the face.



Step forward with the right foot.



Follow with a left leg roundhouse kick to the body.



Finish with a right straight punch to the head.

**Fighting Stance.****Left straight punch to the face.****Right straight punch to the face.****Left hook to the jaw.****Follow with a left uppercut.****Finish with an uppercut to the liver.**



Fighting Stance.



Switch legs.



Follow with a left leg roundhouse kick to the liver.



Finish with a right cross to the head.

Training Notes

Blank lined paper with horizontal ruling lines.



Fighting Stance.



Left hook to the jaw.



Right uppercut under the jaw.



Another left hook, to the jaw.



Switch legs for a right leg roundhouse kick.



Right leg roundhouse kick to the inside of his left leg.

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1



Fighting Stance.

2



Switch legs to roundhouse kick with your left leg.

3



Left leg roundhouse kick to the body.

4



Follow with a right straight punch to the head.

5



Now an uppercut to the body.

6



Finish the uppercut.



Fighting Stance.



Go for the clinch.



Right knee his ribs.



Immediately, follow with a right knee to the head.



Right hook to the head.



Finish with a left uppercut to the jaw.

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Fighting Stance.



He goes for a clinch position.



Right uppercut to the jaw.



Then left uppercut to the jaw.



Left hook to his head.



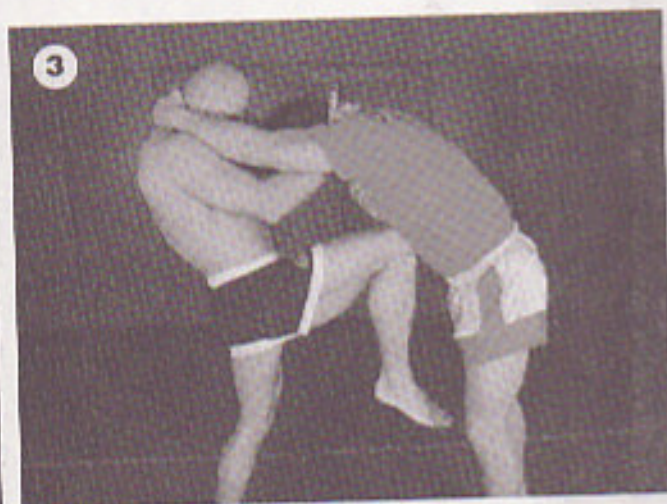
Finish with a right knee to the solar plexus.



Fighting Stance.



Go for the clinch position.



Right knee his solar plexus.



Keep hold of his head.



Left knee to the solar plexus.



Hold him tight.

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Now swing him to the left.



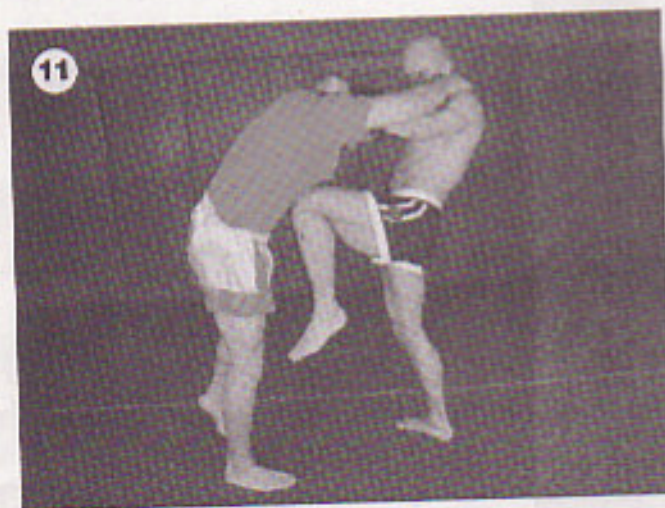
Attack right away.



Right knee his midsection.



Bring your left leg back for power.



Left knee to the midsection.



Finish with a right elbow to the head.



Fighting Stance.



Right straight punch the face.



Switch legs and left roundhouse kick the body.



Follow with a right straight punch to the jaw.



Left hook the face.



Finish with a high right knee to the head.



Fighting Stance.
Duane "Bang" Ludwig Favorites.



Left straight punch to the face.



Right straight punch to the body.



Left hook to the body.



Finish with a right low
roundhouse kick to his leg.

Training Notes



Fighting Stance.



Left straight punch to the face.



Follow with a right roundhouse kick to the leg.



Ready a high left roundhouse kick.



Left leg roundhouse to the head.

Training Notes



Fighting Stance.



Low left roundhouse to his left leg.



Right cross to the head.



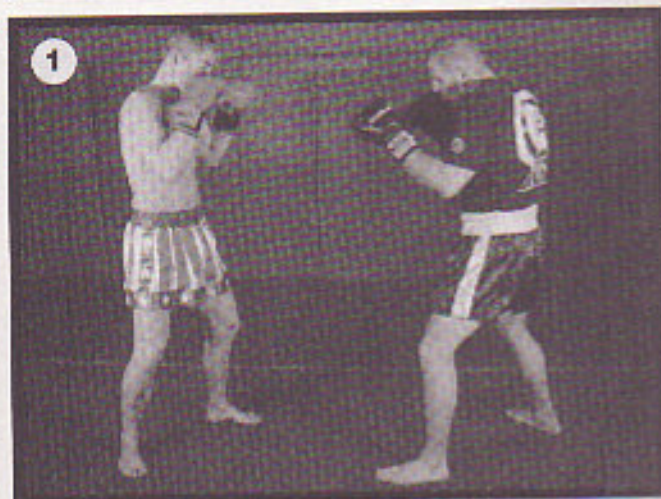
Left uppercut to the body.



Push him away to create distance.



Finish with a high right leg roundhouse kick to the head.



Fighting Stance.



Raise your leg, blocking his low kick with your shin.



Step in.



Right straight punch to the body.



Switch legs.



Left roundhouse kick to the head.

Chapter 10

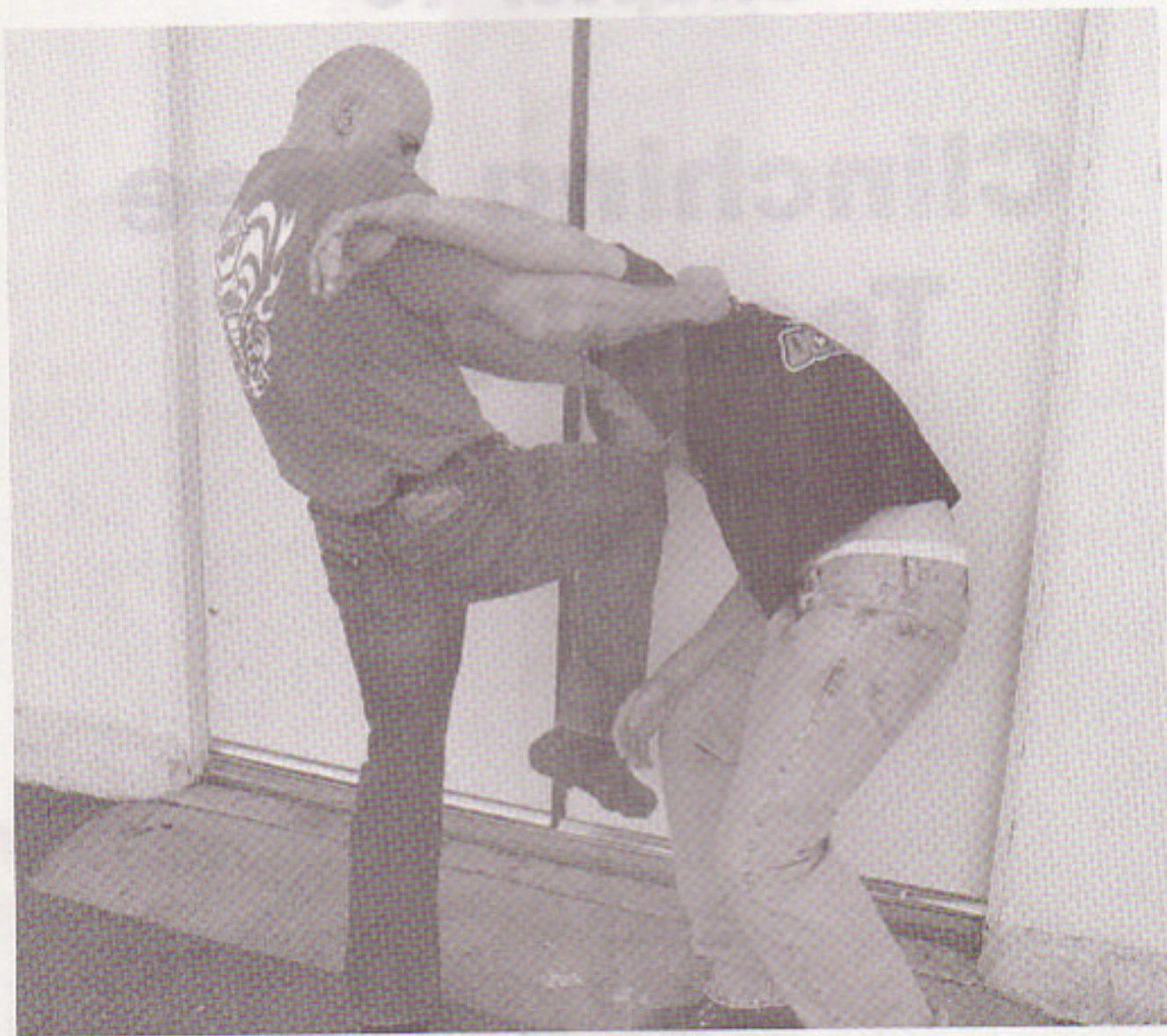
Clinching Knee Techniques



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Knee Attacks From The Clinch

The standing clinch is the best position to land knee attacks. Even though there are some vague similarities between the Muay Thai clinch and the Greco-Roman wrestling clinch, using a little of both systems can help set your opponent up for that one-shot, fight ending solution. The object in a standing clinch, when the goal is to land the knee, is to wrestle your adversary off balance, which in turn will create the opening. As we mentioned in chapter 6, distance is imperative! In some ways that is the key to a good knee thrust.

Also, I must remind you to use the kneecap and not your upper leg. It is almost as if the kneecap was created for kneeing people.

Using the same knee to attack two different target areas consecutively can throw your opponent off. For example: first knee him to the side of his ribs (under his armpit) and then send the next knee, with the same leg, to the head. So first attack from the side, and then right away, with the same leg, attack to the front. THAT will throw your opponent off (and may also knock him out).

And don't forget to attack his thighs! If it is possible, the best knee strike is where you place both hands behind your opponent's neck, thrust the knee forward while you pulling his head directly into it. That should do the trick.





If you want to bend his head forward when clinching, you need to know this.



First, remember, do not grab the neck. (Only grab the neck if you want to knee him or throw him around.)



Grab high on the head. You'll have more leverage for pulling his head down.



This is the correct way. This way you can bend his head whenever you want.



Now for clinching techniques used in Thai Boxing and NHB.



First, you want to have your hands inside of his arms.



Slide your hand underneath like this.



You must have both hands underneath his arms.



With both hands underneath, grab his neck, squeezing your elbows together.



Now you can start clinching.



To knee his body, lift your left arm up.



Drive a left knee to his ribs.



13

Now work your other leg the same way.



14

Lift your right arm to create the opening.



15

Strike with your right knee to the body.



16

Now follow up with another right knee.



17

This time knee the head, or....



18

...the body. It's always good to double knee strike with the same leg to different targets.



1
This is an easy thing to do in Thai Boxing.
If he pulls your head down...



2
...put your left or right arm over his arms.



3
This technique protects from any
pressure to your neck as he pulls down.



4
Now block his knee with the other hand.
Block his knee as soon as it takes off
so there will be no power in it.



5
Use the same block if he tries
to knee with the other leg.



6
Counter with a right hook to his body.



Also what about a strong hook punch to his thigh? It hurts!



Uppercuts to the jaw are also good.



Also change your hands like this.



Now you can do the same attacks with your left hand.



Left hook to the body.



Left uppercut to the jaw.

13



Also, a left hook to the head will work well.

1



You can also use your head for taking pressure off your neck.

2



Put your head on his shoulder.

3



Now you have your hands free to block his knee attacks.

4



Block with your open hand and arm.
Again, block them low.

5



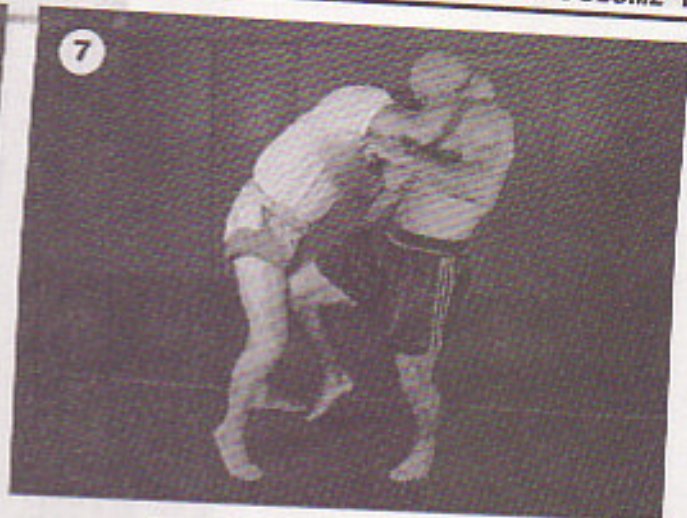
Either left or right knee
are easy to block.

6



Counter his knee attacks with a left hook to his body.

7



Knee the inside of his leg.

8



With your left leg back, you have great power.

9



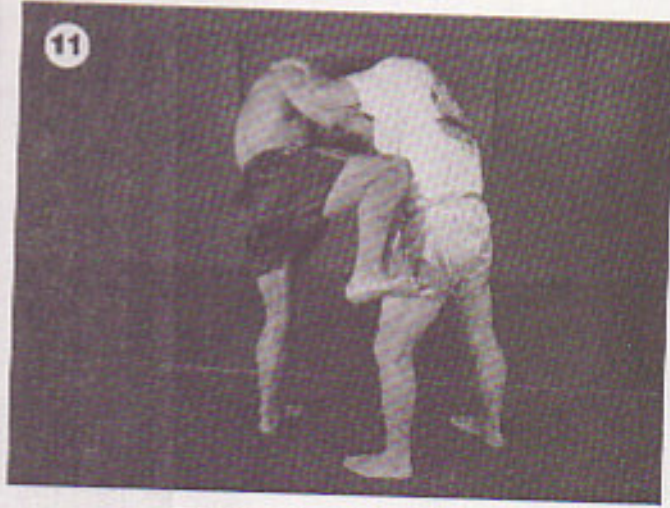
Drive a left knee to his head.

10



Again from the clinch.

11



Right knee to the ribs.

12



Follow with another right knee.

13



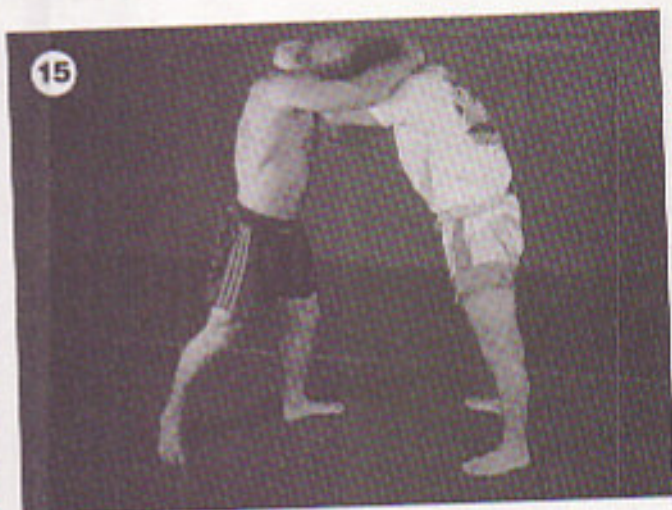
Knee with the right knee to the solar plexus.

14



A knee to the thigh also works great when in a clinch.

15



This is another knee strike not many people know about.

16



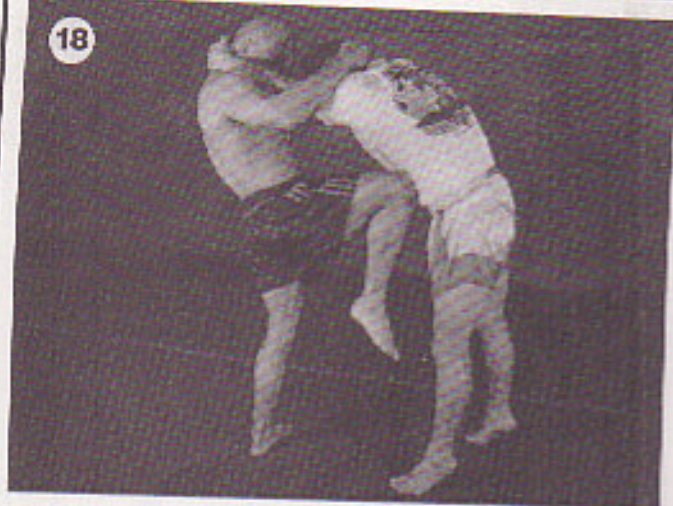
Knee high to the shoulder. Very painful.

17



From the clinch position again...

18



...right knee the solar plexus.

19



Another good one.

20



Left knee to the body.

21



From the clinch...

22



...roundhouse knee to the ribs.

23



Right knee to the head.

Chapter 11

Striking

Reflex Drill



Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfighter.net or by calling toll-free 1-800-517-7445. Outside the U.S.A. call 1-949-493-1428.



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Striking Reflex Drill

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These are two drills that I also like to do with my students. I cannot overstate their importance. They REALLY improve your defense against a striking attack. So do them!

One is to make sure that you always pull your fist back after you punch. Don't leave your arm hanging there. Pull it back. Maybe you need to give your opponent two right straights, or even three. You have to pull your arm back in order to make another (good) punch AND to cover up.

So what I came up with is this:

If partner "A" attacks with a left straight, the left side from his body is open. I will let his partner, "B", try to kick him that side. So "A" better make sure that he pulls his arm back so that he can block that kick. From there I let "A" attack right away again with a left plus right straight. Now his right side is open and "B" will try to hit that with a kick. So "A" better pull his right arm back in order to block that kick too.

That is the idea of this exercise. You will see that I also let "B" counter "A" with low kicks, and even takedown attempts. This way "A" has to be aware of counter attacks all the time. And more important, he has to counter those counter attacks! You can even go further and let "B" counter with all kinds of attacks, front kicks, high kicks etc.

Experiment a little and you will see that you can come up with a lot of things. The basic ideas I am giving you is not the end all or the ONLY way to do this. It is a framework that you can and should build upon. But follow the pictures, at first, until you master it my way, before you start improvising!

The other one I made up for people that are punch shy who need to get used to keep their eyes open and block punches. It's a real simple concept: the punch that you don't see, you can't block, so you have to keep your eyes open! Don't flinch!

Sometimes when I haven't sparred for a while and I Thaibox, I flinch in the beginning of the sparring session. I hate it when I do it, but after a round or two, everything is good again. Also you can't counter very fast if you haven't sparred in a while. It takes a few rounds, or maybe even a few full workouts, to get that counter speed and timing back. Ring rust is a reality that no one can escape.

Put your partner with his back against a wall and start attacking him with strikes, slowly at first. If you go too fast, too soon, you will make him even more punch shy. Once there is a comfort level and the fear is gone, then you can go faster and faster. You will see improvement already, after just a few minutes. That's how good this exercise works!

Start with simple things in the beginning: left plus right straight to the head, left plus right hook to the head, and then straight punches to the body. You can also add hooks to the body, uppercuts, and even back fists! But keep it simple in the beginning as I show in the pictures and work your way up.

The one that is blocking has to keep his hands up all the time and block the punches with the minimum amount of movement. Use just enough energy to redirect or shield from the punches. If he gives you a right straight and you push his hand all the way down with your left, your head will be unprotected and becomes an instant target! So keep it tight and smooth. Don't waste energy. Same thing with a straight to the body. But don't block with your hands. Block those with your elbows as I show in the pictures.

You will be amazed how fast you are going to block all kinds of attacks!

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Work these drills with gloves so that you can hit each other's hands.



First a left straight punch to the head.



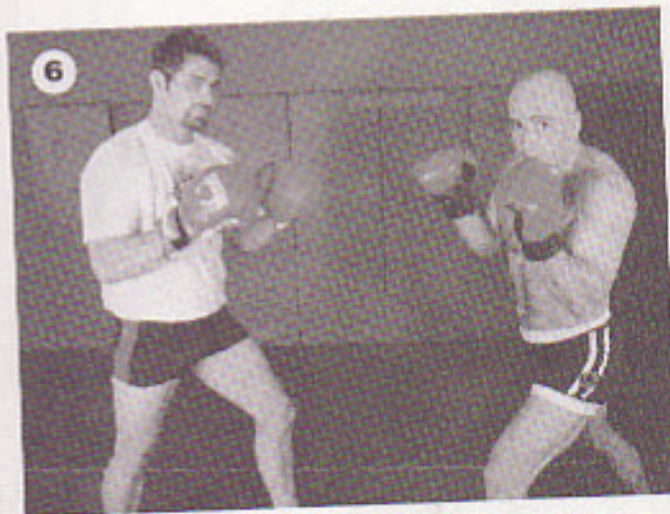
You see how when I punch, the body is open to his kick.



Let's do it again, this time punching the correct way.



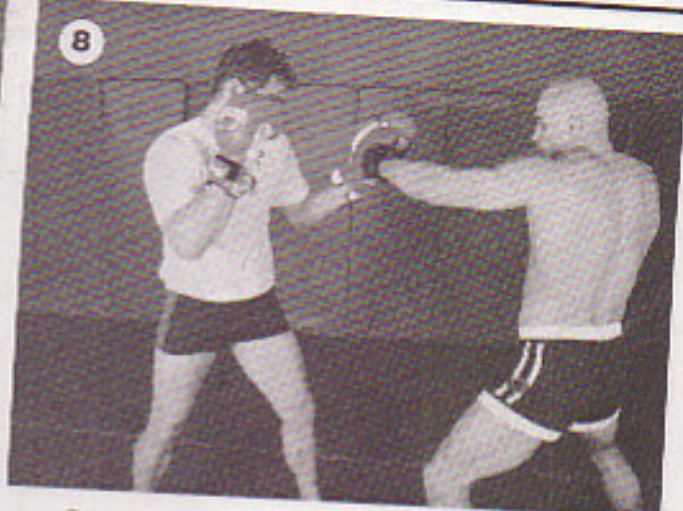
Now again strike with the left straight punch.



This time pull your arm back fast to block, this is the point of these drills.



With the kick blocked, you can now counter.



Counter with a left hook to the head.



Follow with a right straight punch to the head.



Now he attacks your right side because it is open.



Block his kick with your right arm.



Counter the kick with a right straight punch.



13

Left hook punch to the head.



14

Lean forward, blocking his right roundhouse kick to the body.



15

Counter his kick with a left hook punch to his head.



16

Right straight punch the head.



17

Now again you are open to a kick.



18

Immediately block the kick with your right arm.



19 Counter again with a right hand to the head.



20 Now you can keep building on the techniques just demonstrated.



21 He attacks with a low kick and you block with your shin.



22 Counter with a right straight punch to the head.



23 Now he attacks with a low inside roundhouse to your left leg.



24 Move back out of range so he misses.



Counter with a low roundhouse to the back of his kicking leg.



**Put a takedown into it.
Left straight punch to the head.**



Block his roundhouse to the body.



Counter with a left hook punch to the head.



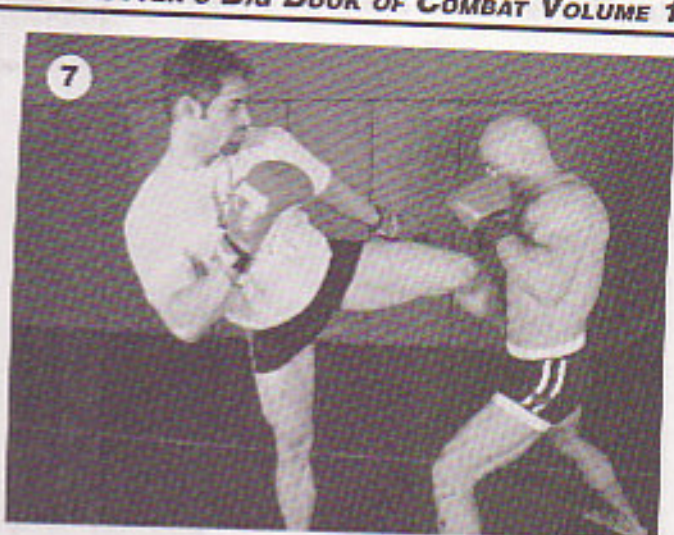
Right straight punch to the head.



He goes to kick under the punch.



As he kicks, bring your right arm down to block.



Block his kick.



Counter with a right straight punch to his head.



Now he goes for a takedown.



Underhook his armpits.



Sprawl your legs back to keep from being taken down.



With your right hand, turn him to the left.



Roll him over on his back.



You are ready to strike.

Training Notes

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Chapter 12

Hand Mitt Striking Routines



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Chapter 12



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Hand Focus Mitt Striking Drills

If you have ever trained at a boxing gym you have worked with focus mitts. There are several key differences between working the mitts and working the heavy bag. While the bag can help you develop power, mitt work will make you develop pin point accuracy with your punches. Also you are forced to keep up with the tempo dictated by the person holding the mitts, so cardio can be a huge factor. And finally, unlike a heavy bag, the person holding the mitts can move around which will force you to adjust your distance, just like in a real match or fight.

The other person can also have you hit the mitts, then suddenly throw counter punches back at you, which causes you to develop good defense. This is one of the downfalls of heavy bag training: it does not move or hit back!

I use the number system with focus mitt training as well as Thai pad training. For example, with hand mitts if I say "one" it means left straight; "two" means left straight, right straight; "three" means left straight, right straight, left hook and so on.

One thing that I always do is keep the power and intensity at 100%. My first punch is at full power and my last punch is also at full power.

If you really like to do everything at a full 100%, then buy the "Bas Rutten's Mixed Martial Arts Workout". No lie, this is really the best thing out there. My students and I still use it every day!

If you do the "Boxing tape" on the focus mitts from that workout, you are going to be in a VERY good shape.

Now go get tired!





Striking Combinations #1
Focus mitt training. Ready stance.



Left straight punch to the head.



Right straight punch the head.



Striking Combinations #2
Mitt training. Ready stance.

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Left straight punch to the head.



Right straight punch to the head.



Left hook punch to the head.



**Striking Combinations #3
Ready stance.**



Left straight punch to the head.



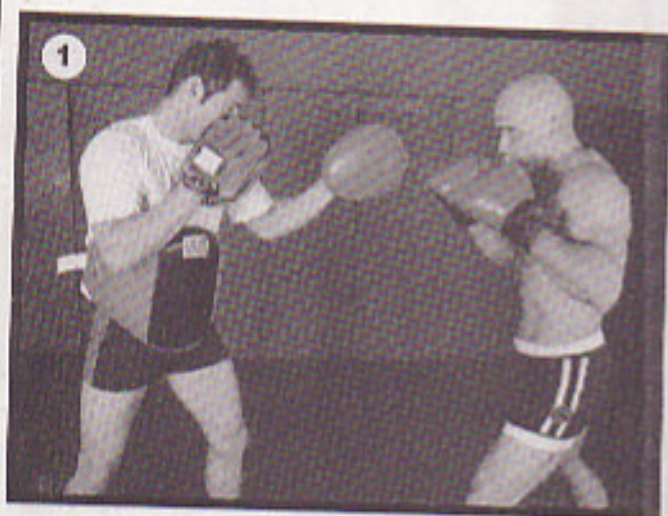
Right straight punch to the head.



Left hook punch to the head.



Right straight punch to the head.



Striking Combinations #4
Three hook punches. Ready stance.



Left hook punch to the head.



Right hook punch to the head.



Left hook punch to the head.



Striking Combinations #5
Mitt striking. Ready stance.



Left hook punch to the head.



Right straight punch to the body.



Back to ready stance.



Right straight punch to the body.



Left hook punch to the head.



Right straight punch to the head.

Training Notes



Striking Combinations #6
Ready stance.



Right uppercut to the jaw.



Left hook punch to the head.



Right straight punch to the head.



Striking Combinations #7
Ready stance.



Right uppercut to the jaw.



Back to ready stance.



Right straight punch to the head.



Back to ready stance.

Training Notes

Training Notes

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Chapter 13

Speed

Striking Drills



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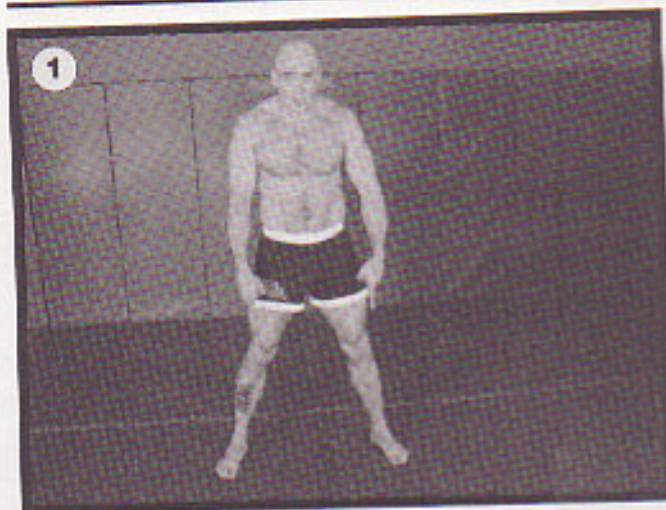
Speed Striking and Coordination Drill

This is a drill that I always give to my students as homework when they just start to train. It is simple but effective. The best thing is to do it in front of a mirror so that you can see yourself and make sure that your hands are up at all times and your elbows down.

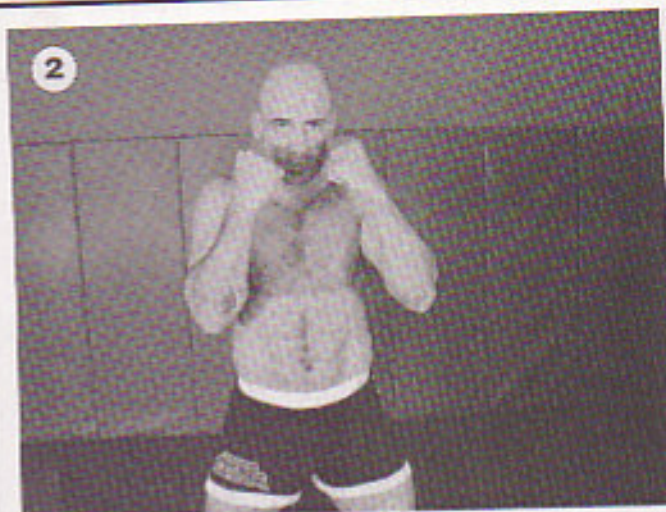
Start at a slow speed, **THIS IS VERY IMPORTANT!** Build the tempo up as you become more comfortable. If you start off too fast you will make mistakes and these mistakes you will keep. It is crucial to practice accuracy, **NOT** sloppiness.

The whole idea is to never lose control while you build speed and intensity. Don't be frustrated! It's that one moment that you lose control that you are susceptible to a counter attack.

Once you master this basic drill, the quickness of your punches will increase. So stay loose and have a good time. And remain focused!



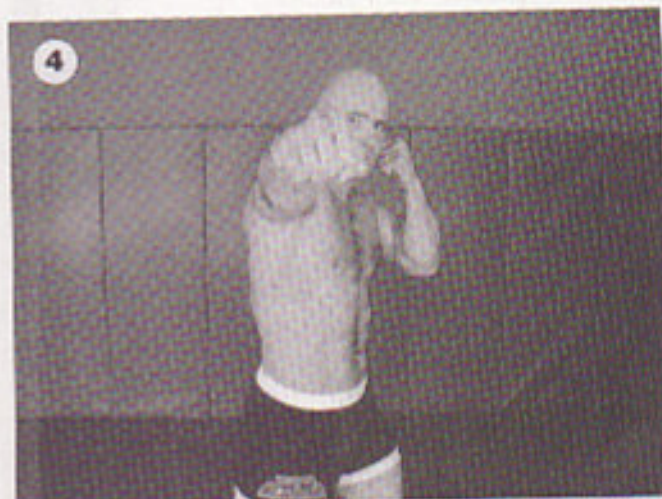
1
Begin by standing relaxed, with your feet shoulder width apart, like this.



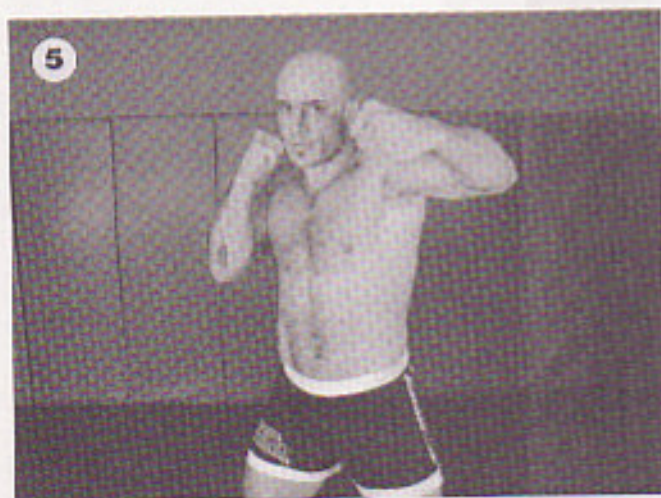
2
Bring your fists up, keeping your elbows in. Keep your hands up at all times!



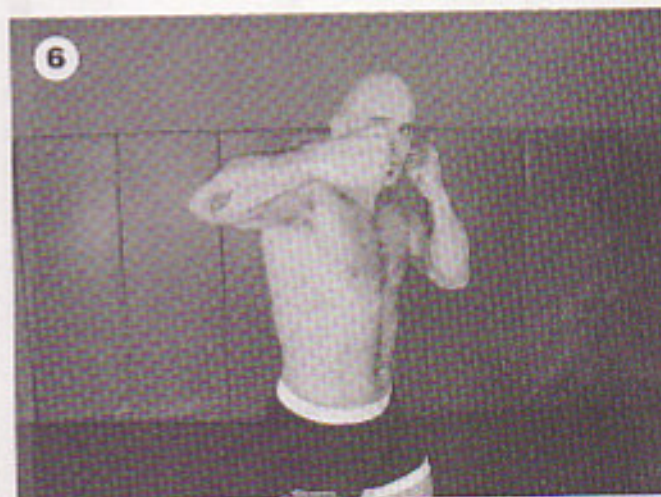
3
First strike with a left straight punch to the head.



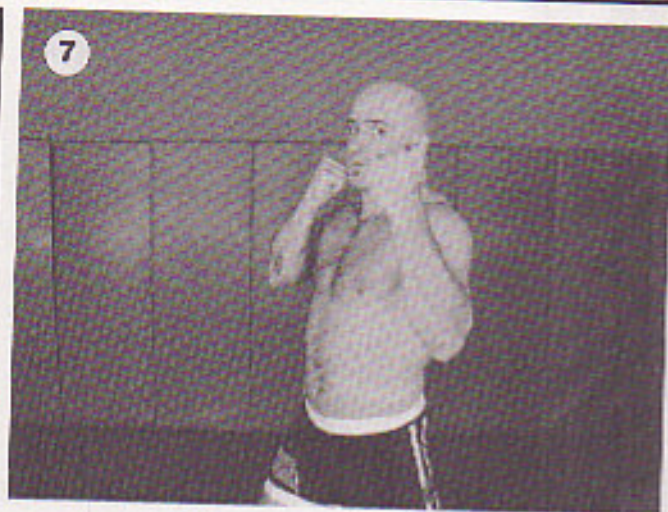
4
Now a right straight punch.



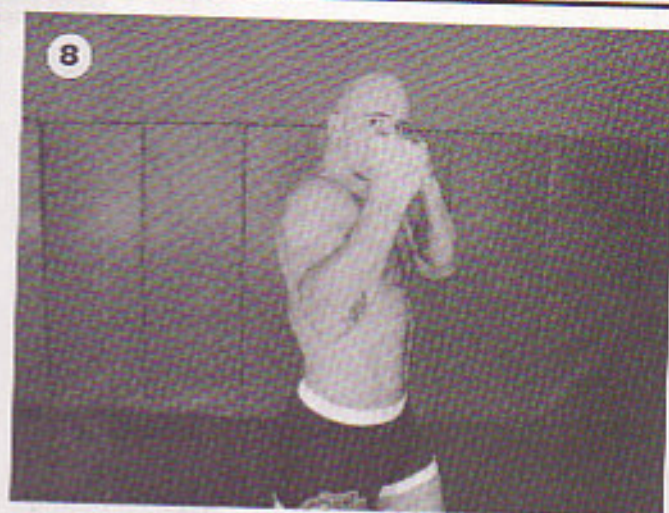
5
Left hook to the head.



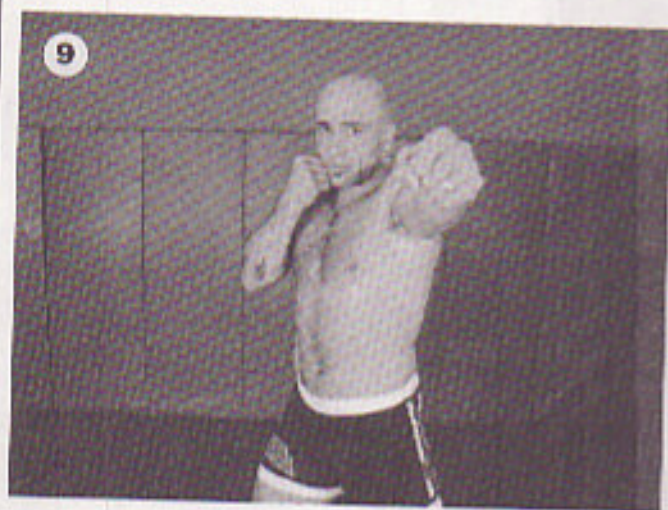
6
Right hook to the head.



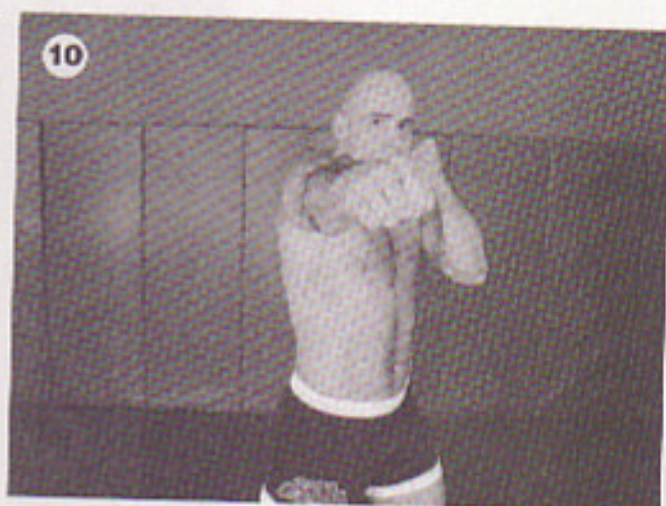
Left uppercut to the jaw.



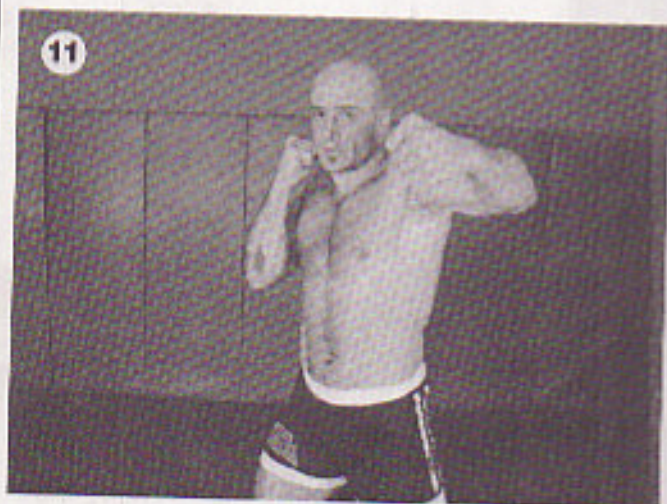
Right uppercut to the jaw.



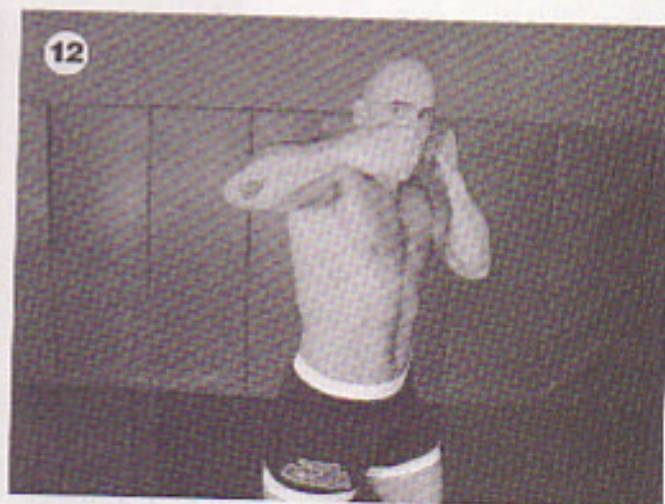
Left straight punch to the head.



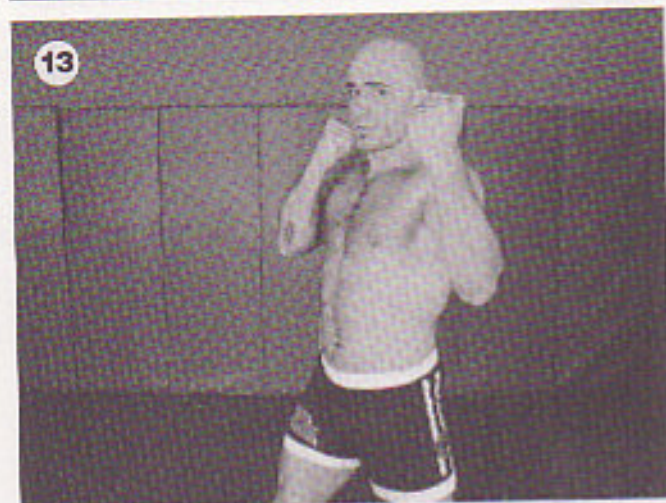
Right straight punch to the head.



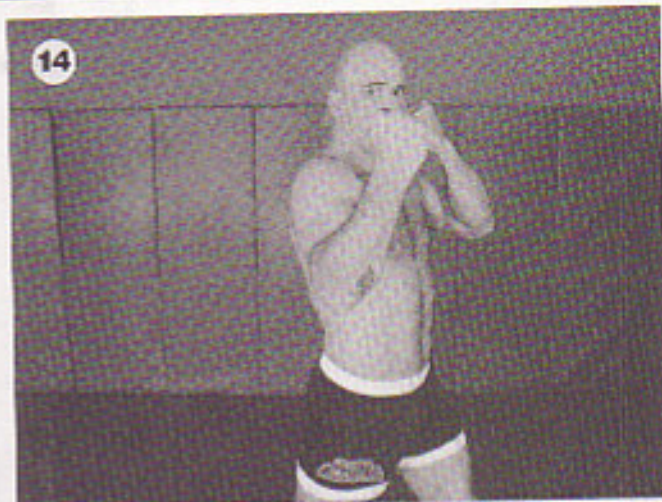
Left hook to the head.



Right hook to the head.



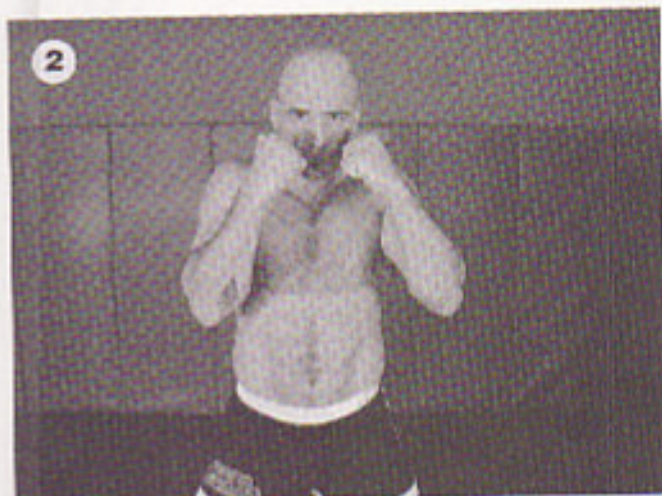
Left uppercut to the jaw.



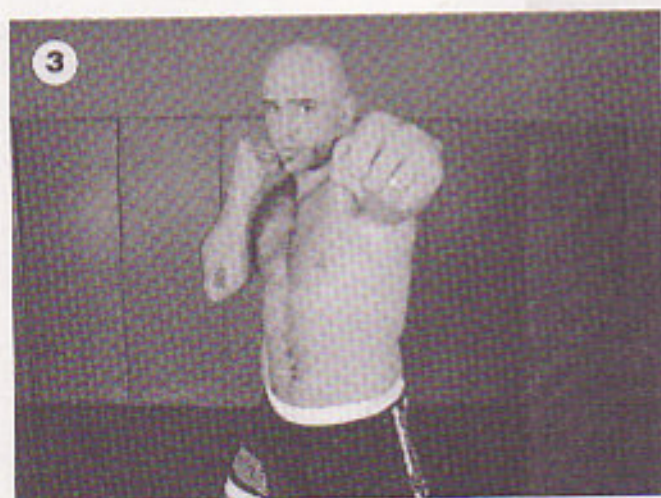
Right uppercut to the jaw. Keep repeating the sequence while speeding up.



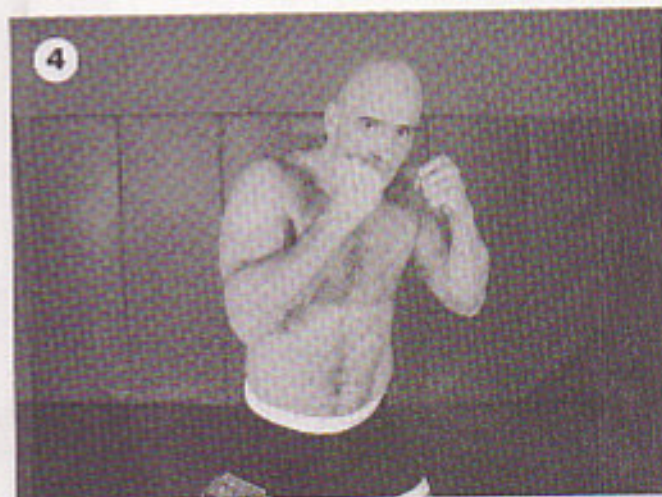
Now here's another speed punching drill. Keep the same stance position.



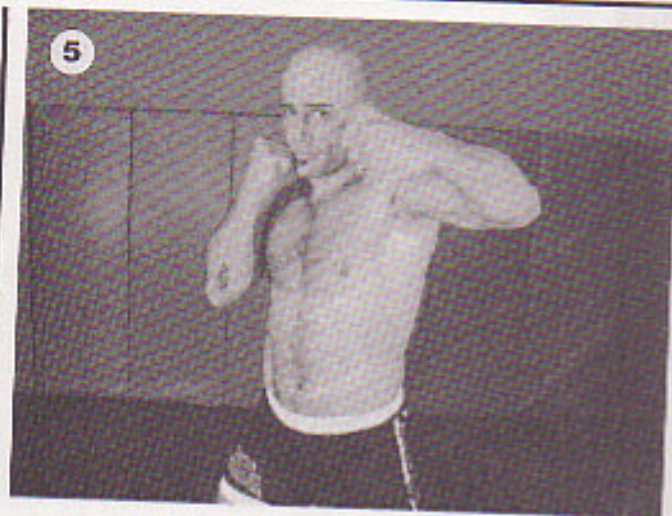
Hands up with the elbows in.



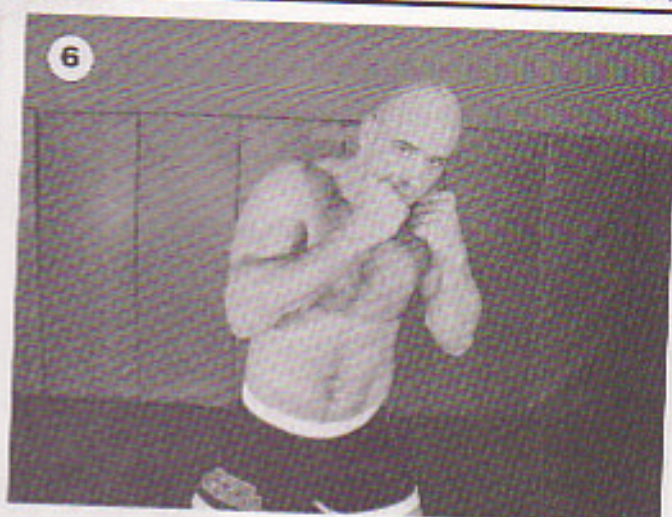
Left straight punch to the head.



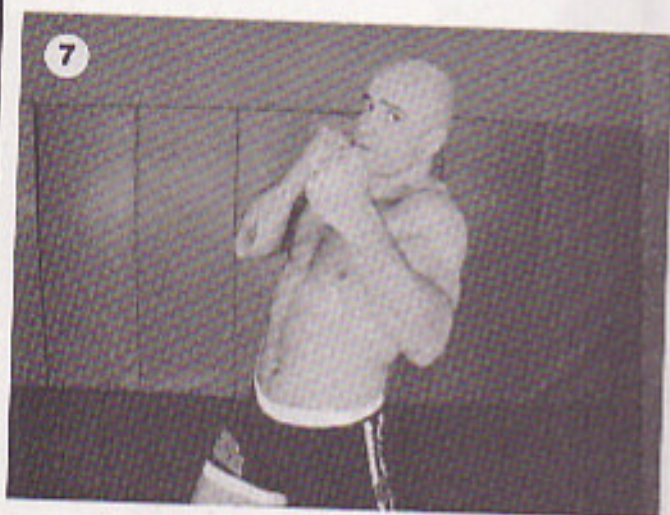
Turn back a little to the left, ready to hook punch.



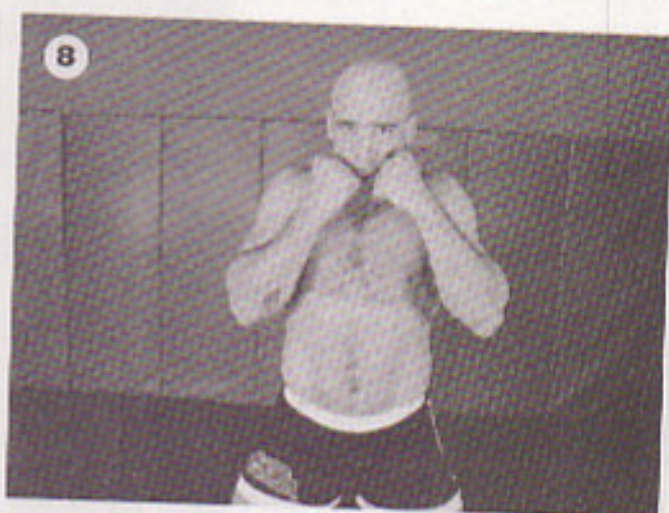
Left hook punch to the head.



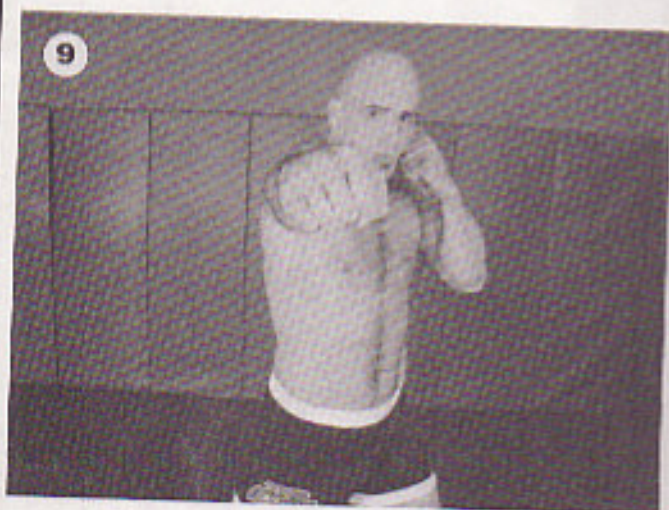
Now go back left again.



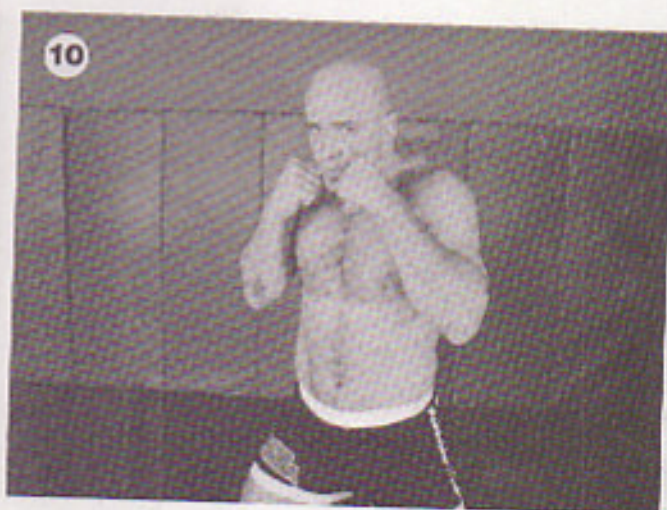
Left uppercut the jaw.



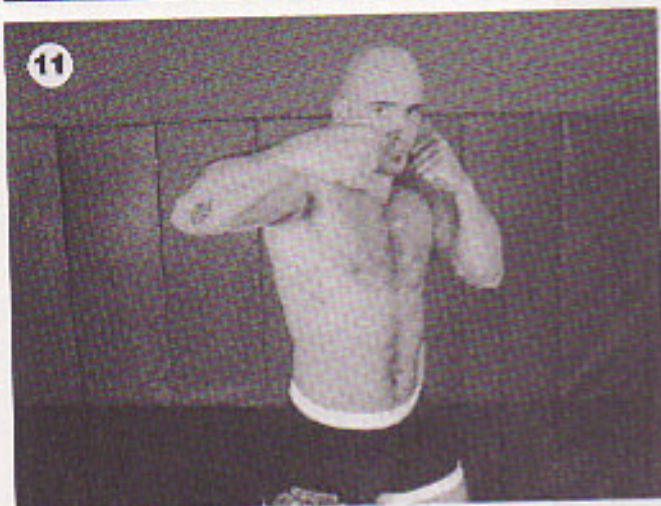
Ready.



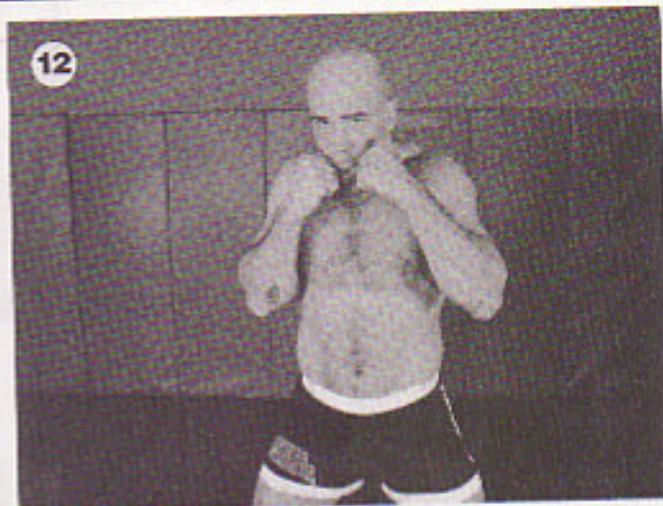
Right straight punch the head.



Go back a little to the right.



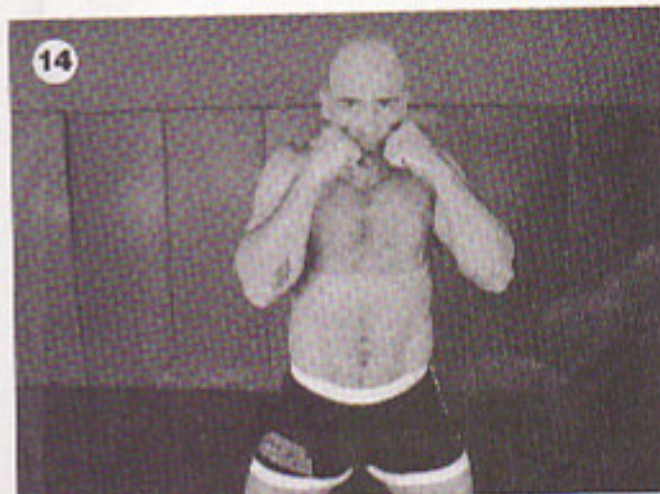
Right hook to the jaw.



Go back again to the right.



Right uppercut to the jaw.



Ready position. Repeat the entire routine for 2-3 continuous minutes. Go faster each time.



Partner Striking Reflex Drill: Have your partner stand with his back to the wall.



Start to attack him slowly. For instance, use a left straight, which he blocks.



Then a right straight, which he blocks.



Left hook.



Right straight.



Left straight to the body.
(Block this punch with your elbows.)



Right hook to the head etc. etc.

Helpful Hints:

- Start off punching slowly. Build up speed, going faster and faster.
- Make sure that if you are standing against the wall, you keep your eyes open.
- Block all of your partners punches with short movements.
- You will see that if you practice like this, in a short time, you will get better and better. You will improve real fast!
- It is a real good exercise... use it!

Chapter 14

Thai Pad

Striking Drills



Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfighter.net or by calling toll-free 1-800-517-7445. Outside the U.S.A. call 1-949-493-1428.



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Thai Pad Striking Drills

Working Thai pads with punch and kick combinations may be the best workout know to man. You are working speed, power and cardio all at the same time. Another benefit is, for the person holding the pads, you get used to the impact of being kicked and punched.

Same as with the focus mitts, I use the number system. The difference is I add a kick after every punch combination. The trick is to kick with the opposite leg of the last punch in the combination.

For example: If I say "one" you throw a left straight, followed by a right roundhouse kick. If I say "two" you throw a left straight, right straight, followed by a left roundhouse kick, and so on. You can substitute knees instead of kicks, depending on the type of fight or opponent you will be facing. Because this kind of workout is so intense I sometimes use it to keep my students minds focused. If a student of mine talks to another one, the word "numbers" always come up.

Again, get the **"Bas Rutten's Mixed Martial Arts Workout"** and you will be amazed. It will help you a lot!

Keep everything simple. Never make it complicated. In a real fight, you cannot make a series of 20 punches and kicks. Short and effective combinations are the best thing to do.

The pictures will explain.





Thai Pad Striking Combination #1
Ready stance.



Left straight punch to the head.



Right roundhouse to the body.



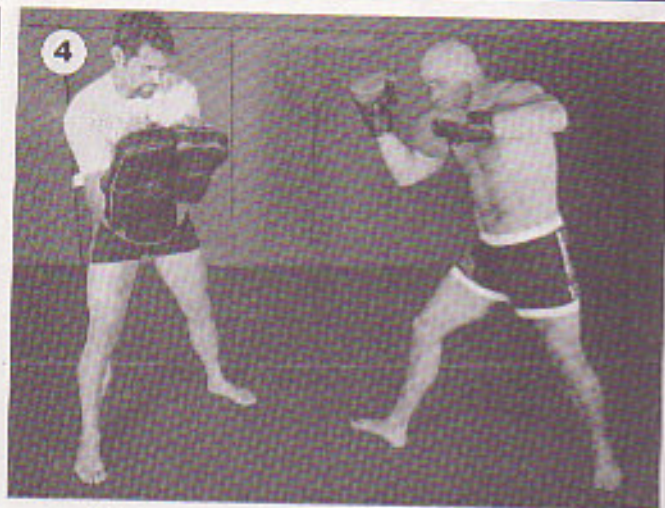
Thai Pad Striking Combination #2
Ready stance.



Left straight punch to the head.



Right straight punch to the head.



Left leg roundhouse kick to the body.



Kick both Thai pads like this.



Thai Pad Striking Combination #3
Ready stance.



Left straight punch to the head.



Right straight punch to the head.



Left hook punch to the head.



Right leg roundhouse kick to the body.



Thai Pad Striking Combination #4
Ready stance.



Left straight punch to the head.



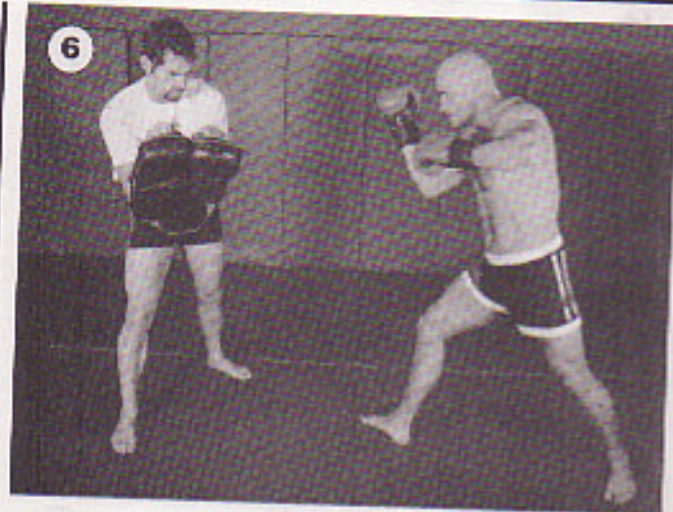
Right straight punch to the head.



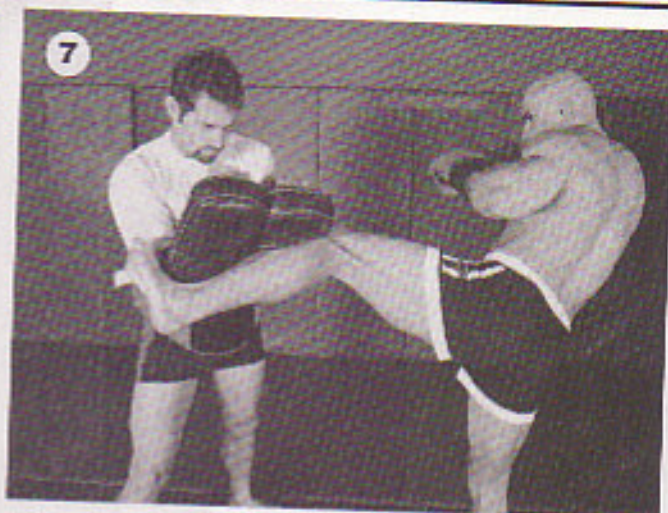
Left hook punch to the head.



Right straight punch to the head.



Left roundhouse kick to the body.



Make kicking contact like this.



Thai Pad Striking Combination #5
"Three Hooks, Two Knees" Ready stance.



Left hook punch to the head.



Right hook punch to the head.



Left hook punch to the head.



Right leg back to knee.



Right knee to the body.



Left leg back.



Left knee to the body.



**Thai Pad Striking Combination #6
"Right Front kick, Left High Kick"**



Right leg front kick to the body.



Ready a high left leg roundhouse kick to the head.



Strike both mitts with the head kick.



Thai Pad Striking Combination #7
Ready stance.



Step your right foot forward.



Left front kick to the body.



Step forward with your left foot.



Right leg roundhouse kick to the head.



Thai Pad Combination #8
Step forward, clinch and grab his head with both of your hands.



Right leg back to knee.



Right knee to the body.



Left leg back to knee.



Left knee to the body.



Right leg back to knee again.



Right knee to the body.



Push him away with both hands.



You now have the distance to head kick.

Training Notes



Right leg roundhouse kick to the head.



Thai Pad Striking Combinations #9
Ready stance.



Left straight punch to the head.



Ready a low kick to his leg.



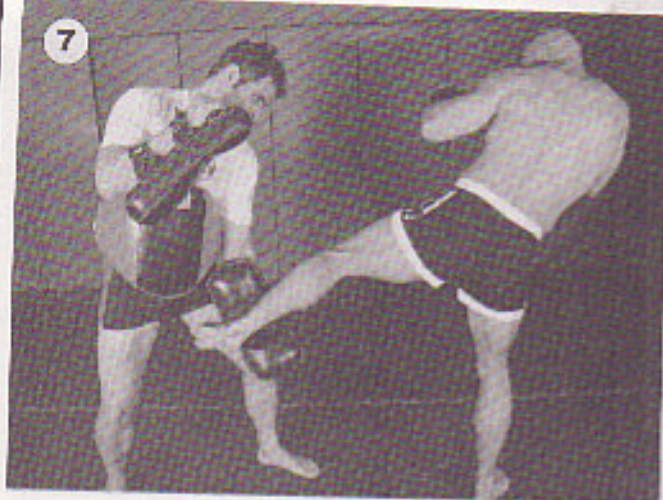
Right low roundhouse kick to the leg,
then put your right foot back down.



Right straight punch to the face.



Another low kick to his leg.



Left low roundhouse kick.



Thai Pad Striking Combinations #10
Let's do one long one, just for fun!



Left hook punch to the head.



Right hook punch to the head.



Left hook punch to the head.



Right uppercut to the jaw.

6



Grab his head with both hands.

7



Right knee to the body.

8



Left leg back to knee.

9



Left knee to the body.

10



Step forward with your left leg
to left hook punch.

11



Left hook punch to the head.

12



Now left hook punch to the body.

13



Right elbow to his jaw.

14



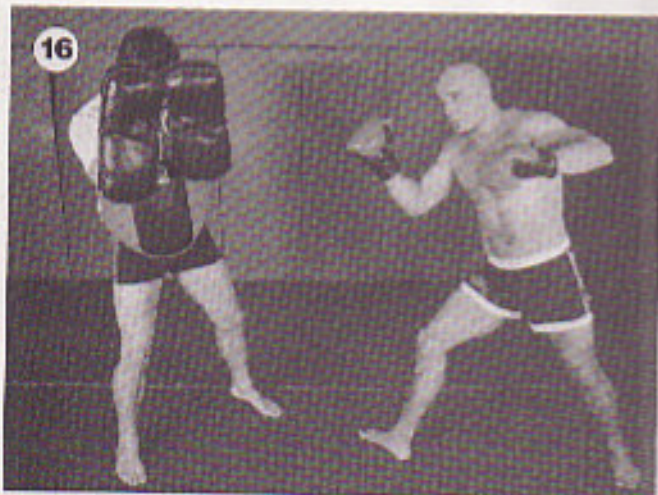
Right hand back ready to strike.

15



Follow with a right straight punch to the head.

16



Left leg back, ready to roundhouse kick the head.

17



Finish the sequence with a left roundhouse kick to the head.



Thai Pad Striking Combinations #11
Ready stance.



Left leg front kick to the body.



Step forward with the left leg.



Right roundhouse on it's way
to the head, look at the speed.



Roundhouse to the head,
making contact on both Thai pads.



Step forward with your left leg,
after you kick.



Follow with a right straight punch to the body.



Left hook punch to the head.



Right straight punch to the head.



Step forward with your right leg.



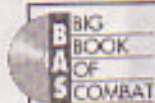
Left low roundhouse kick to his leg.



Finish with a right straight punch to the head.

Chapter 15

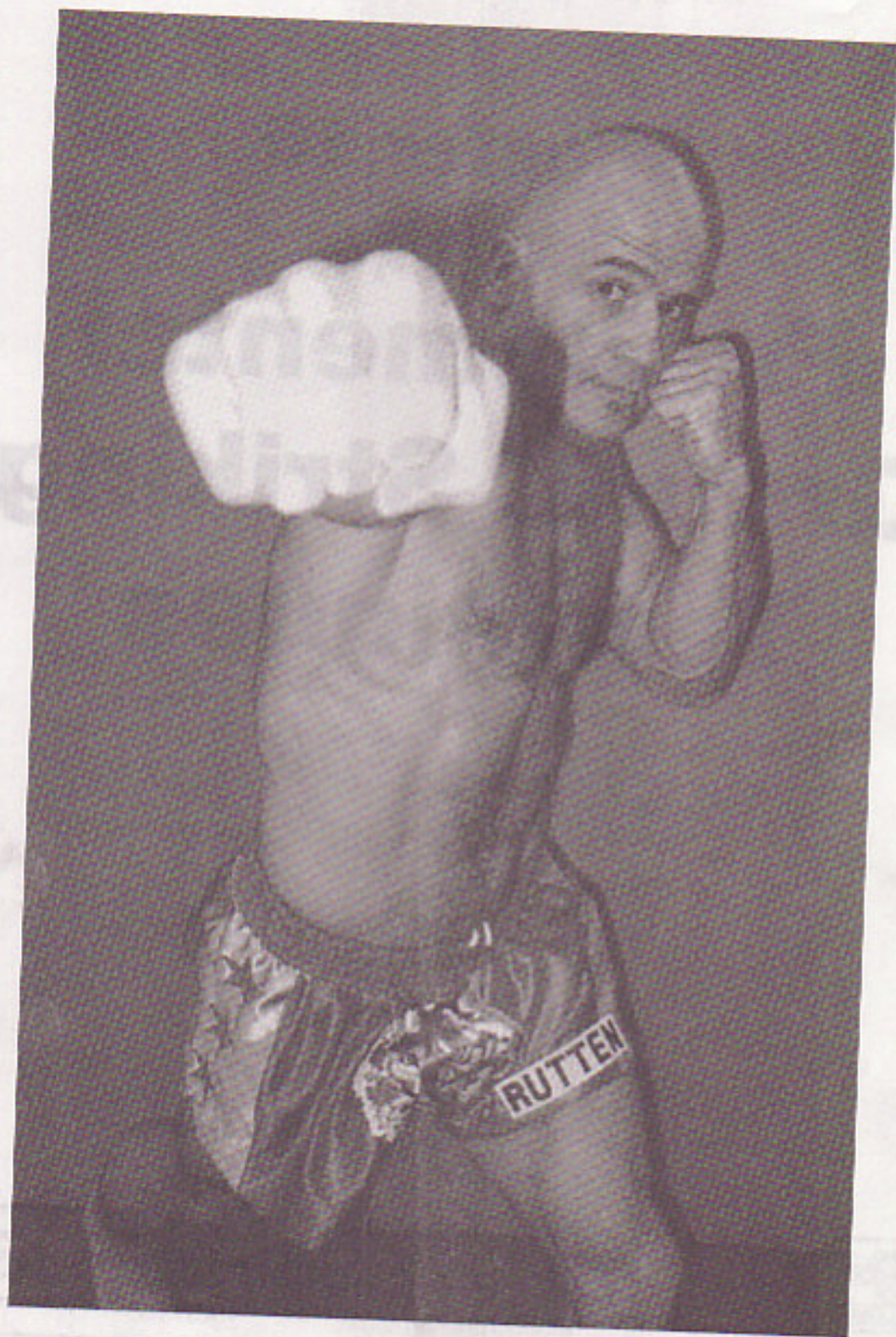
Fundamental Ground Striking Techniques



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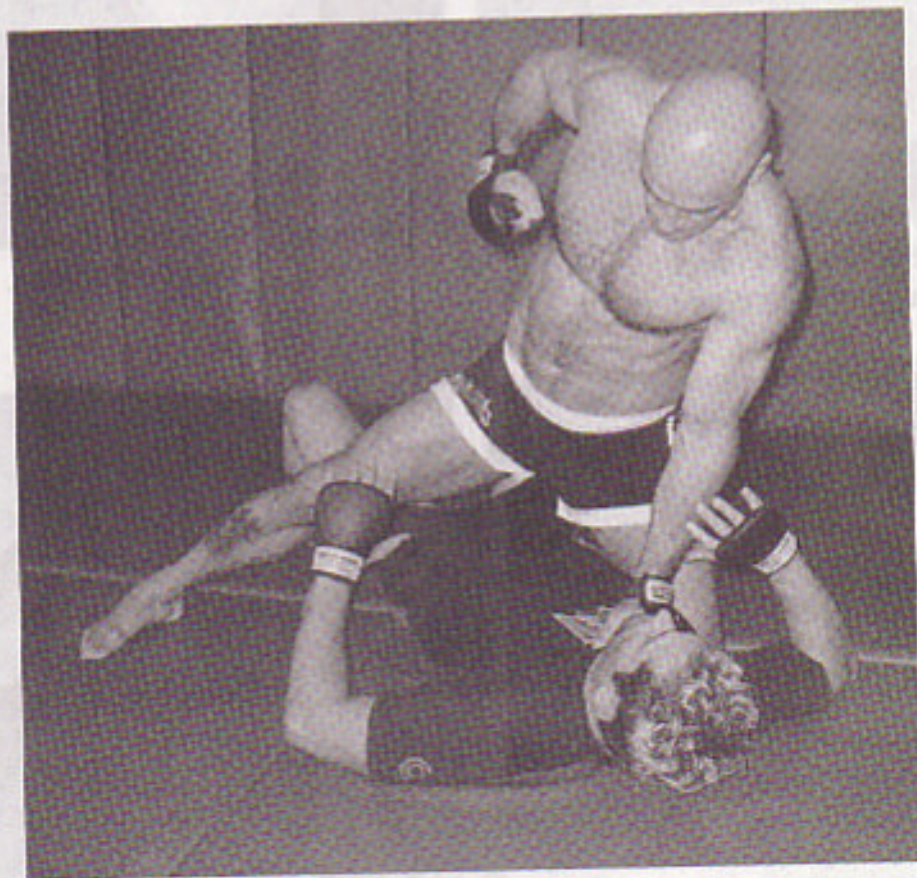
Ground Striking Techniques

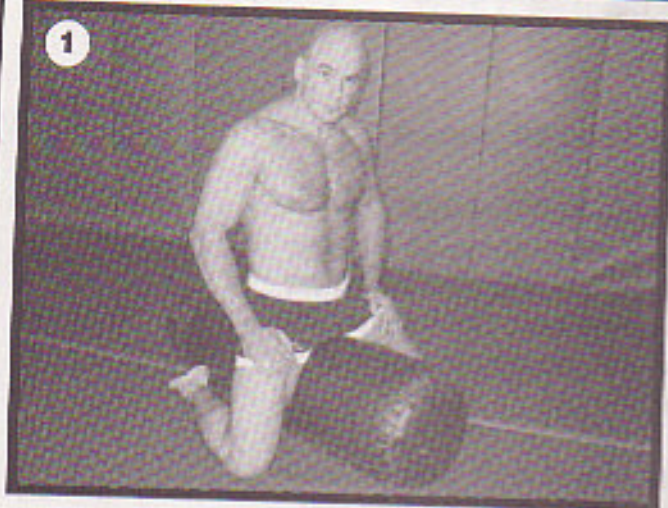
Again, with Ground Striking, distance is of a paramount importance. The main difference between stand-up striking and ground striking is that when you are wrapped up on the ground it can be difficult to generate power. The mechanics of the body are more confined on the ground, so it is real important to develop a good "arm punch".

Practice on a bag. Put it on the floor and work with it. Make sure that your wrist is always perfectly straight so that you don't get injured.

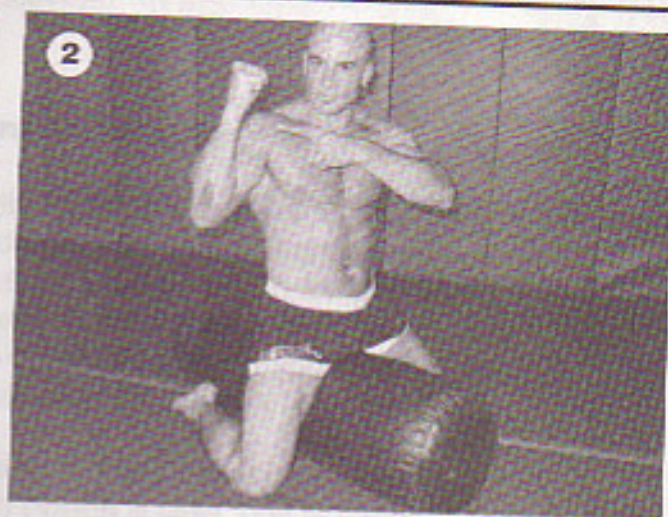
Strike the bag on the ground at least three times a week. Especially when you are a wrestler and you will get on top of your opponent anyway. In that case do this 6 times a week!

Also punch with the bag in your guard, side mount, knee on chest, everything! You will also see that sometimes it is better to palm strike than to hit with a close fist.

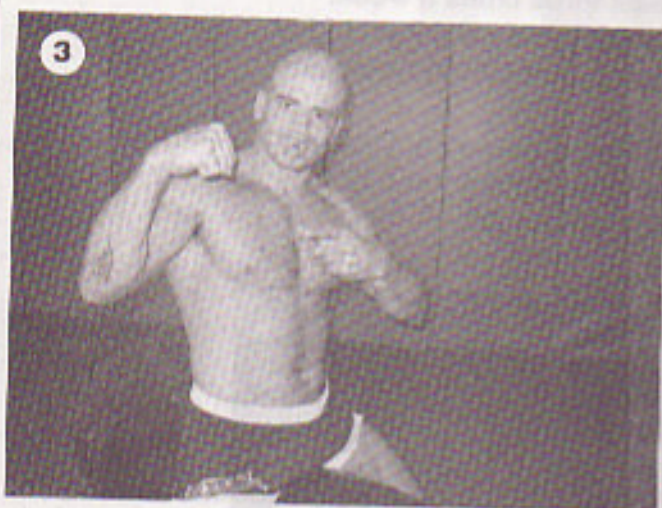




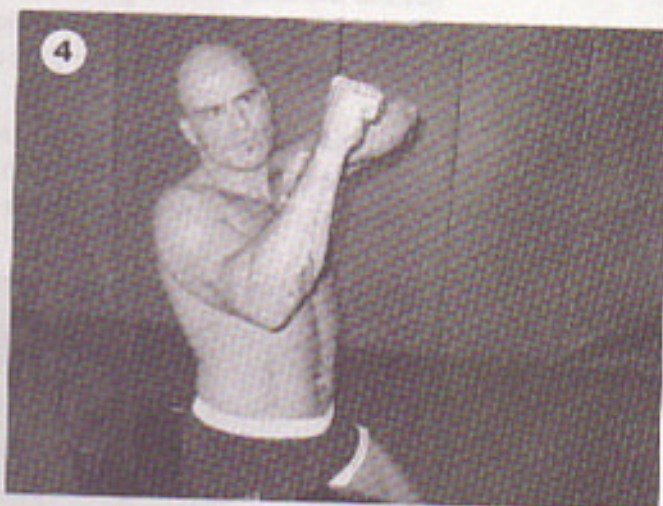
1
A good way to train your ground striking techniques is on a heavy bag.



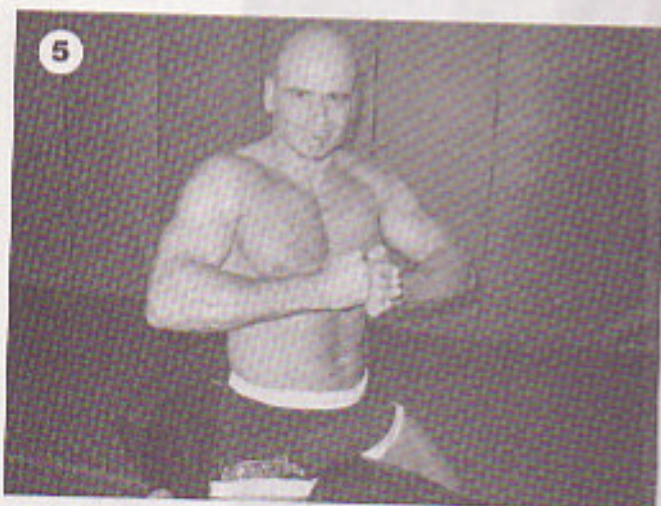
2
When hitting with the fist, keep your wrist straight.



3
This is wrong and you can easily injure your wrist.



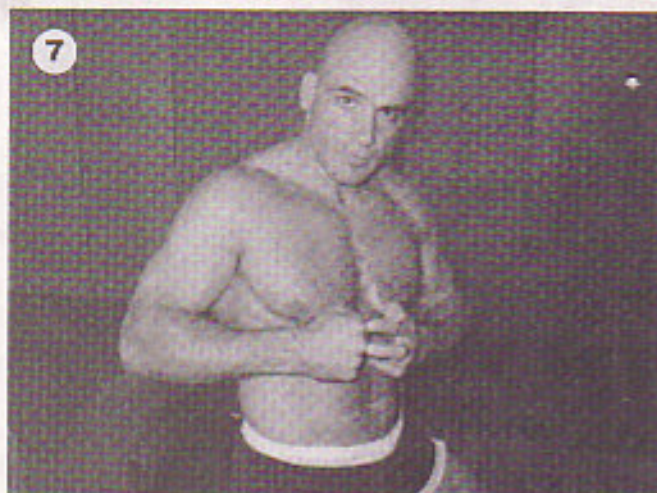
4
Totally straight.



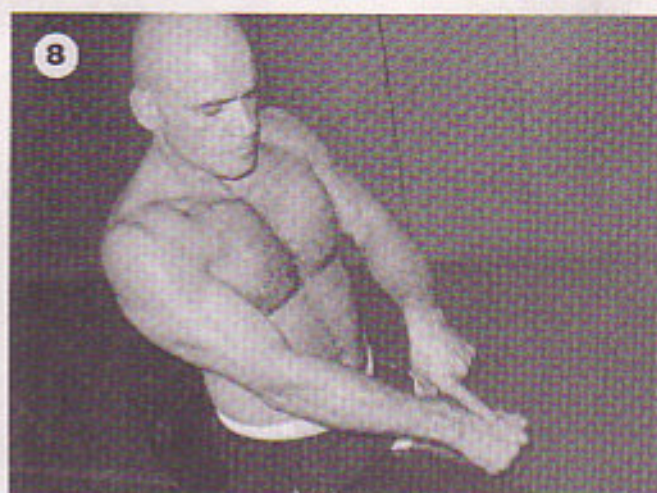
5
With the fist straight you will have much more power at impact.



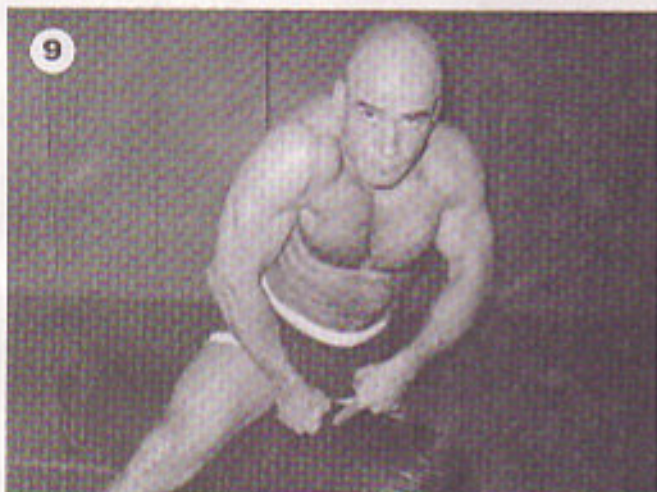
6
Also a very important point...



...when striking, concentrate on hitting with the two large top knuckles.



The force should be 25% on the first knuckle and 75% on the second.



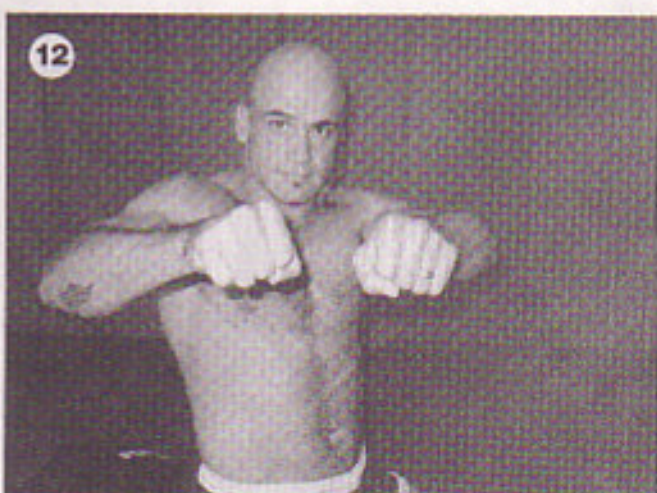
It should look like this when making contact.



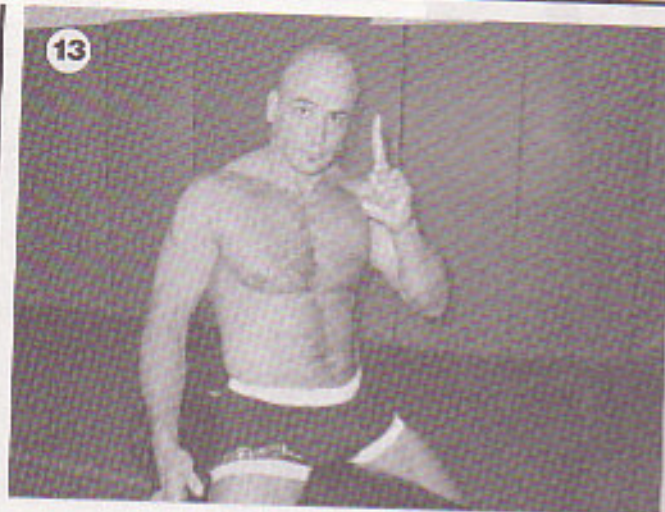
This is excellent.



It's wrong to have your hand in this position at contact.



Remember keep your wrist straight.



13 Another point...



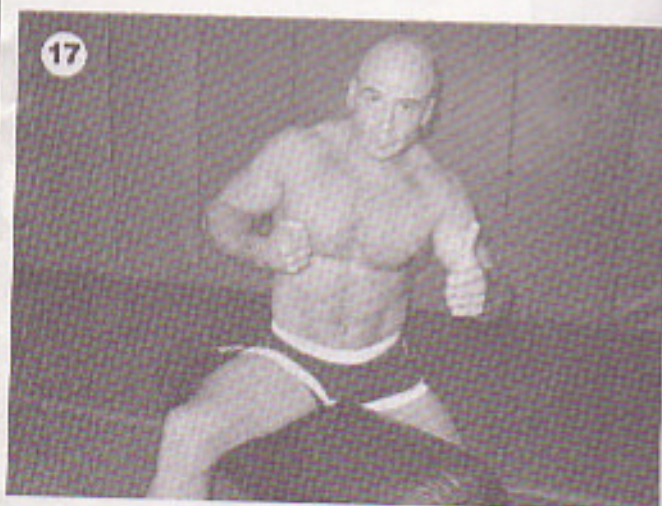
14 ...roll all your four fingers in tightly.



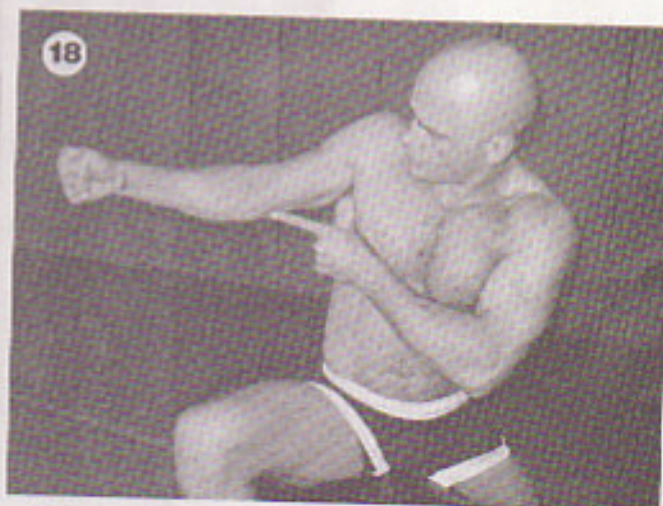
15 Keep the fingers tight to your palm.



16 Place the thumb down tight.

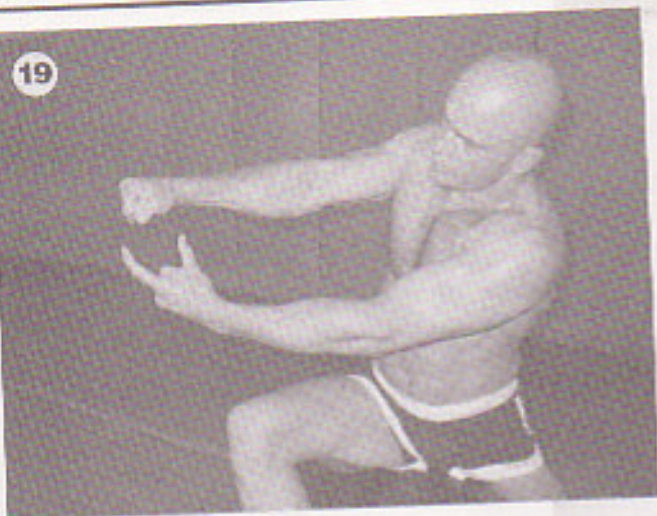


17 Time to start striking.



18 The real power of a punch is generated when your arm is stretched from here...

19



...to here.

20



Therefore, if you are too close to your opponent like this...

21



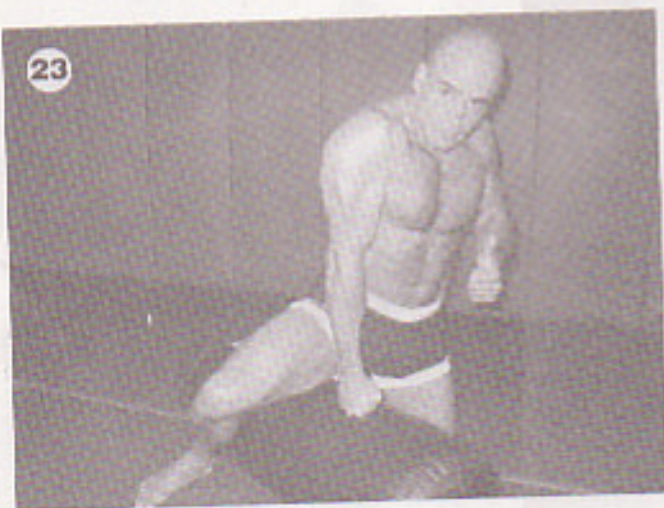
...you will have no power.

22



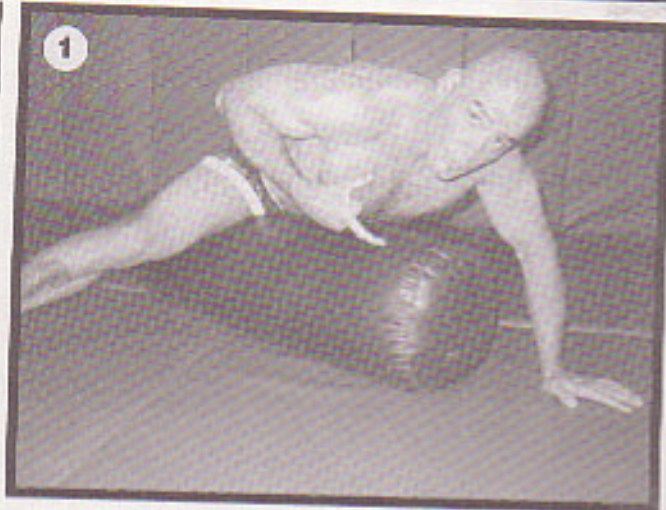
So it is important to try and always have the correct striking distance.

23



With correct distance there is tremendous power.

Training Notes



Here I am too close to generate significant power.



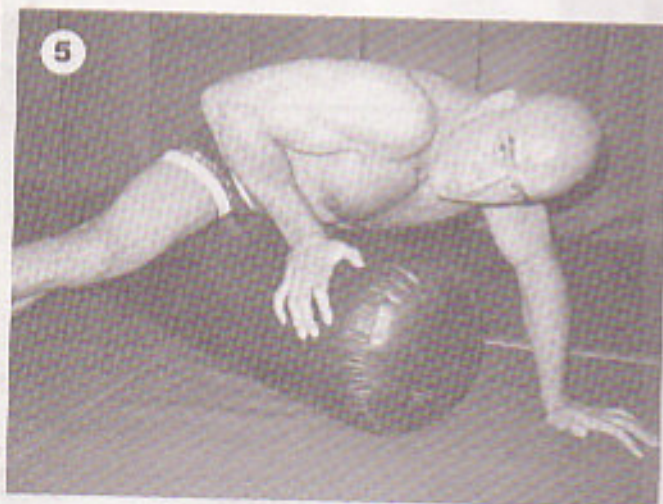
Your fist needs more distance.



To hit with power at this short distance, change weapons.



Go to an open palm heel strike when you are in close.



You have more distance because the hand is flat.



The punch has less striking distance when closed because it is straight.



7
A fist looses a good 2" in striking space.
The palm is a better weapon for this range.



8
Never punch like this, with your arm out.



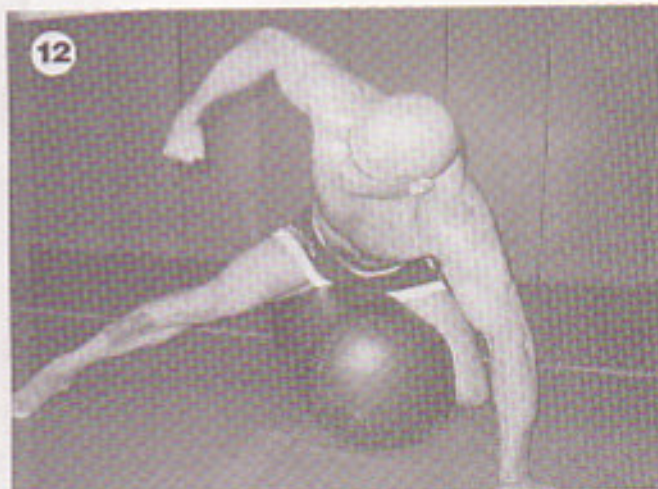
9
Keep close to the body, like I am showing,
to generate more speed and power.



10
Lets start with a straight punch to
the body from the mount position.



11
Right punch on the solar plexus or head.

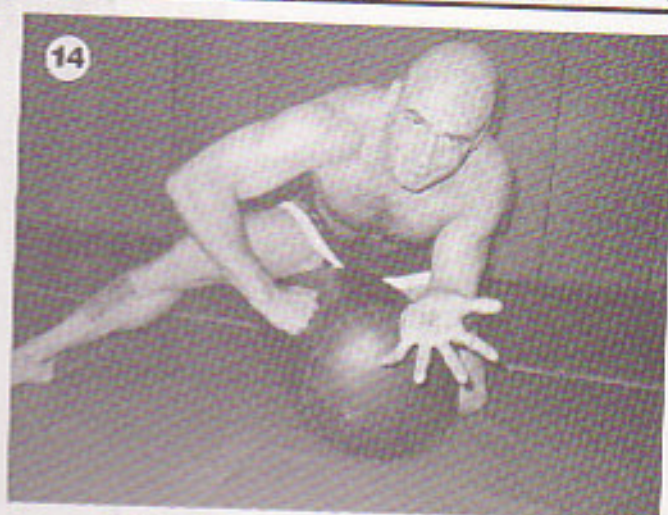


12
Now a right hook punch to the body.



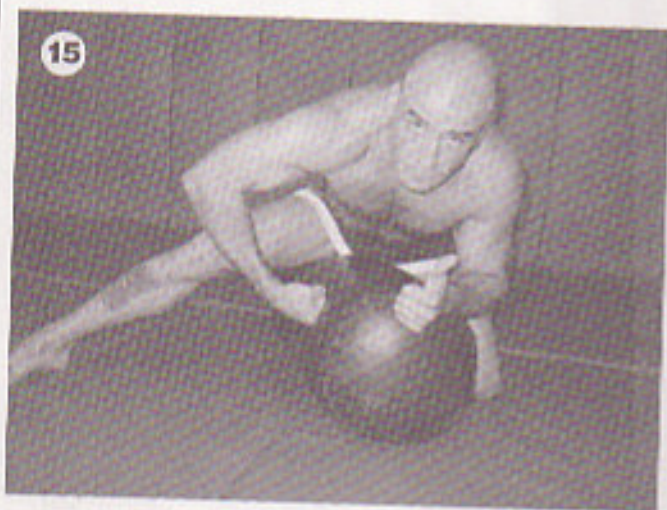
13

Your wrist must be like this when making contact.



14

This is wrong. You can injure your wrist when in this position.



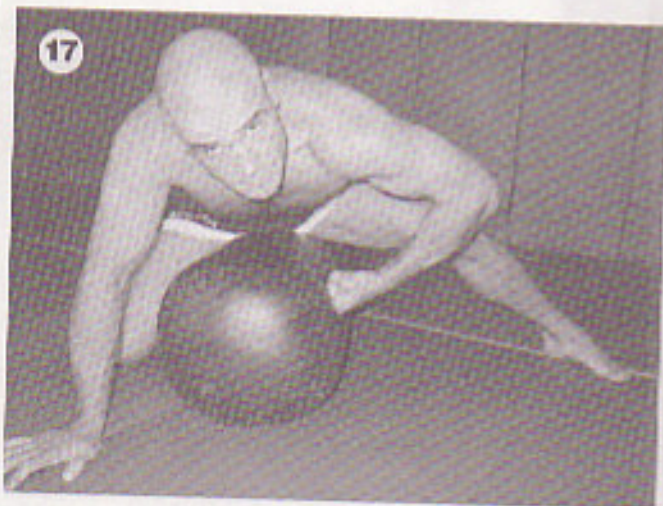
15

Again this is the technique you want.



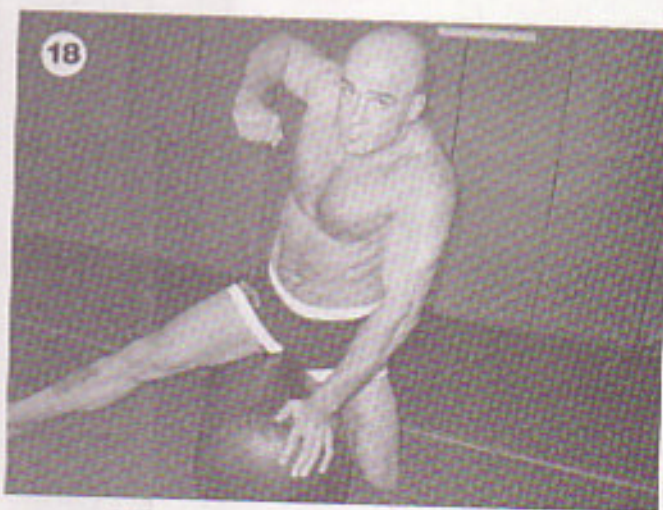
16

Of course, always work your punches from both sides when training.



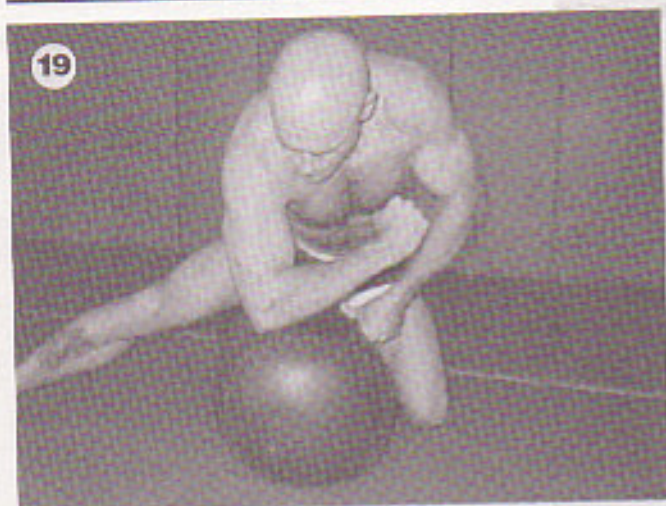
17

Left hook to the body.

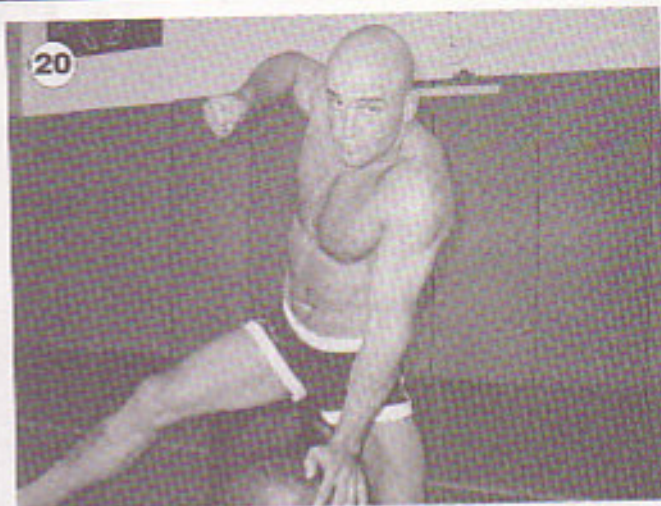


18

This is the correct technique for an elbow to the head.



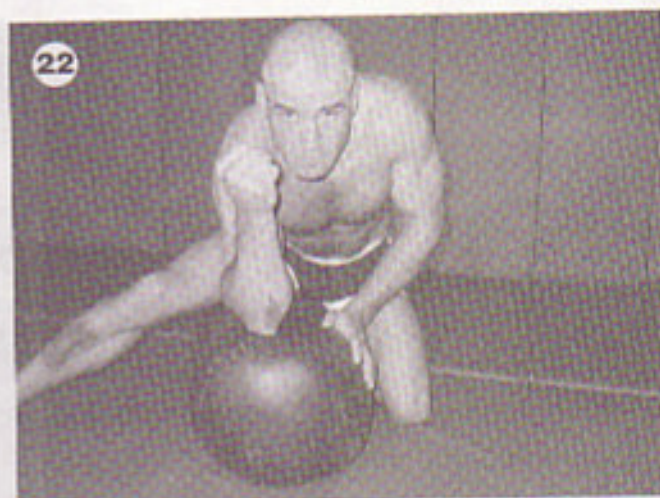
Strike down with the side of your elbow to the opponent's head.



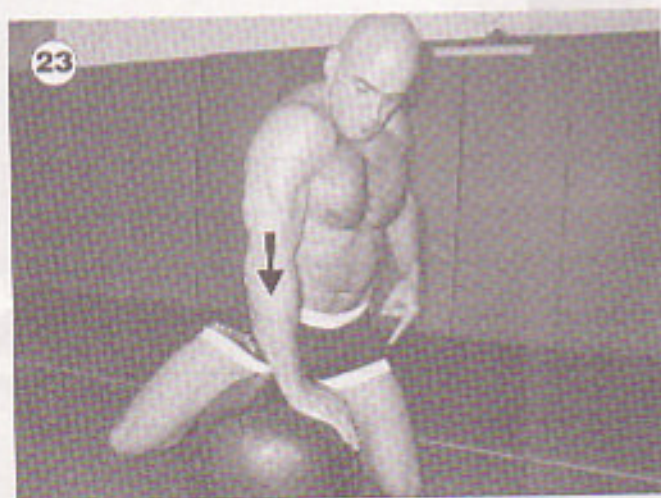
Another elbow technique is the dropping elbow.



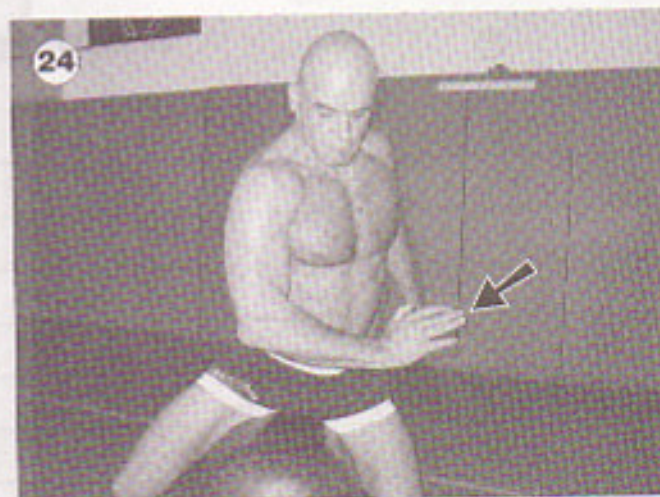
Strike down into his face.



The dropping elbow from the front view.



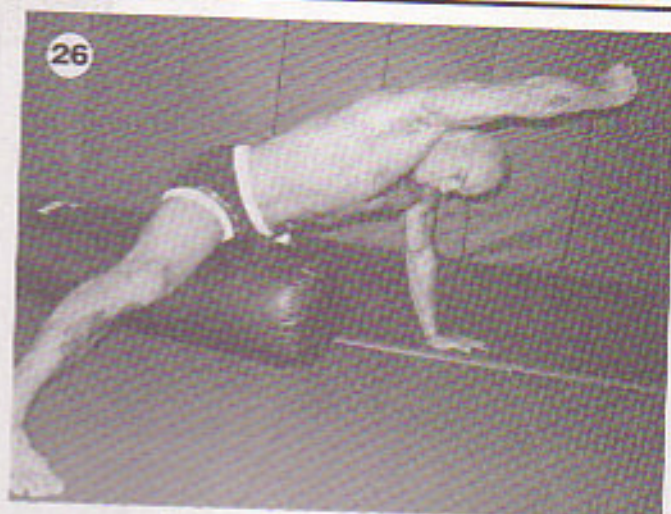
A good short elbow strike for when you are leaning your hand on someone like this...



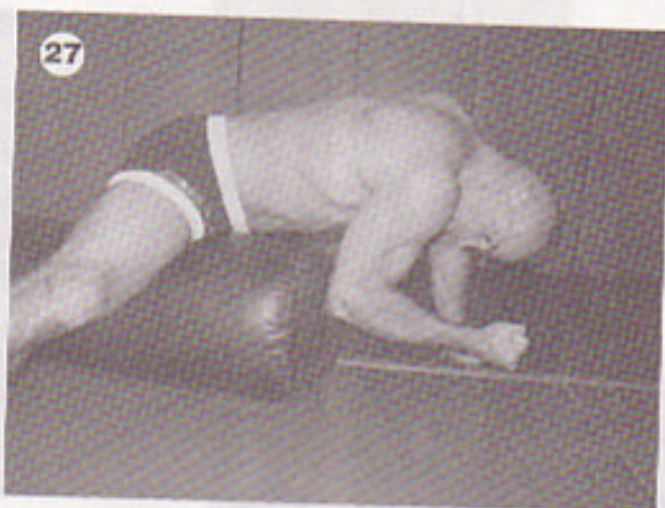
...is to let the hand go...



...and simply drop your body weight down, elbow striking the face.



My favorite elbow strike
when in the mount.



Drive your pointed elbow into the top of his head. Painful!

Training Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

1



Now practice strikes from the guard with a heavy bag between your legs.

2



Start with a right hook to the body.

3



Right hook to the head.

4



Now open palm wrist strikes, hitting with your wrist bone, not palm.

5



Open right palm wrist strike to the head.

6



Open right palm wrist strike to the body.



7
Pointed elbow strike to the top of the head.



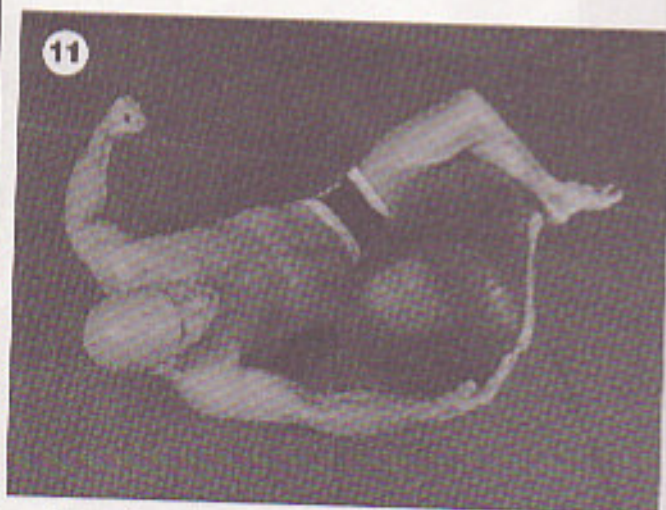
8
Pointed elbow strike to the top of the head or collar bone.



9
Another good strike is the double fist strike to the top of the head.



10
Come down hard with both hands like this.



11
Now do all the same strikes with your left hand and put the bag to your side.



12
Left hook punch to the head.

13



Palm wrist strike to the head.

14



Like this.

15



Left hook to the body.

16



Bring your hand up and...

17



...pointed elbow strike to the top of the head.

18



Right heel kick to the kidney or thigh works great for weakening your opponent's spirit.



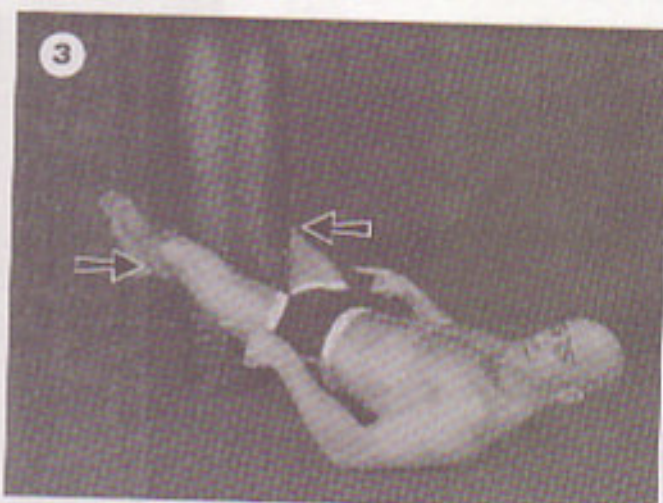
19 Heel kick to the thigh.



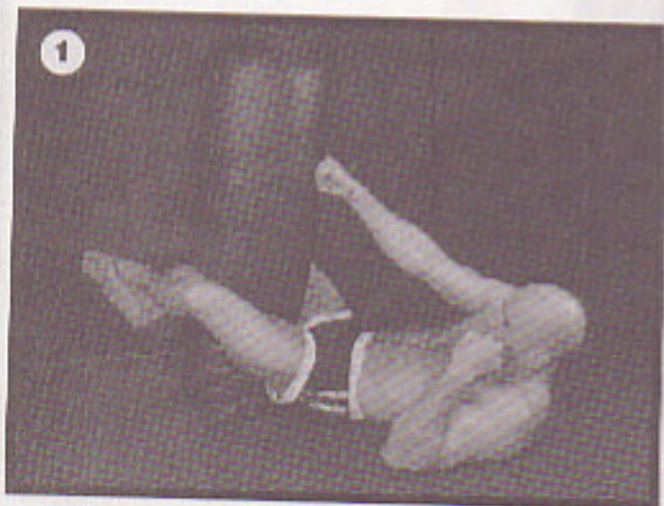
1 Now stand the bag up, in your guard, like this.



2 First squeeze your legs.



3 Squeeze with explosive power as if a real opponent were there.



1 Practice your strikes, starting with a right straight punch to the face.



2 A left straight punch to the face.



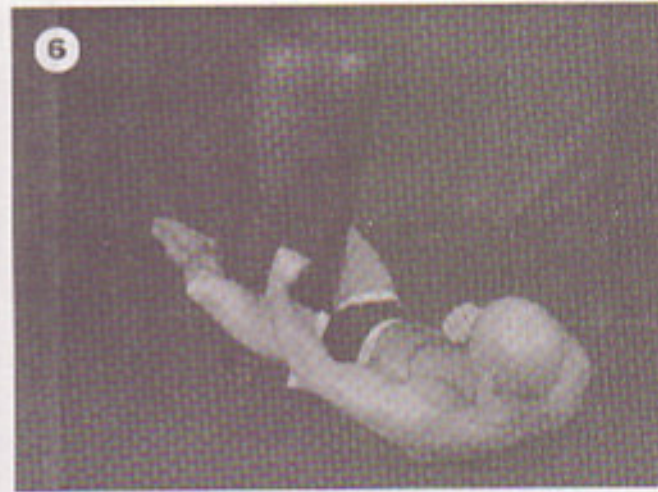
Right straight punch to the body.



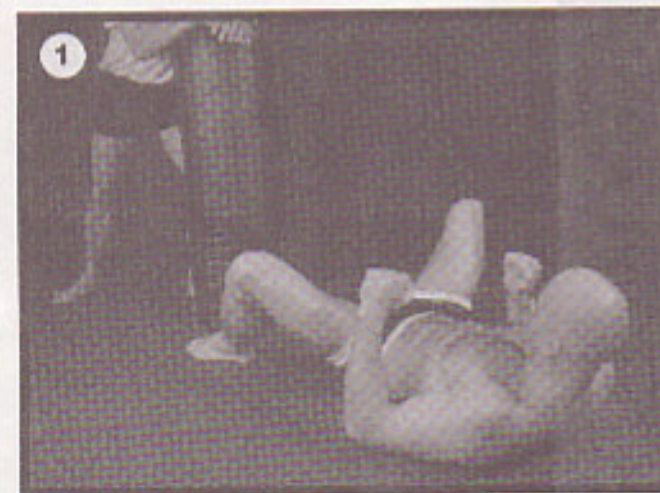
Left straight punch to the body.



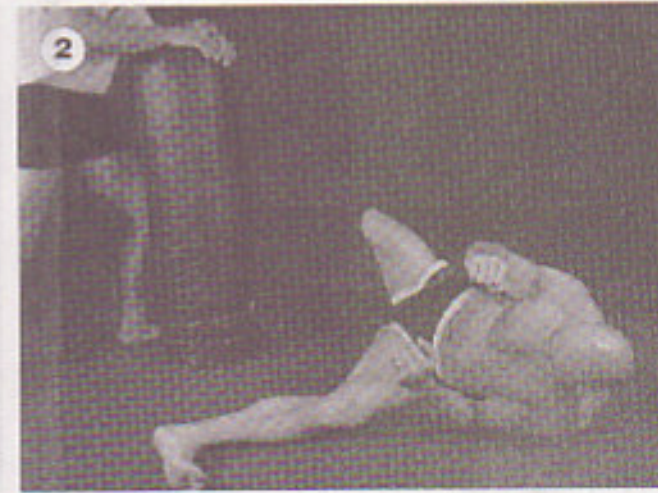
Right hook punch to the ribs.



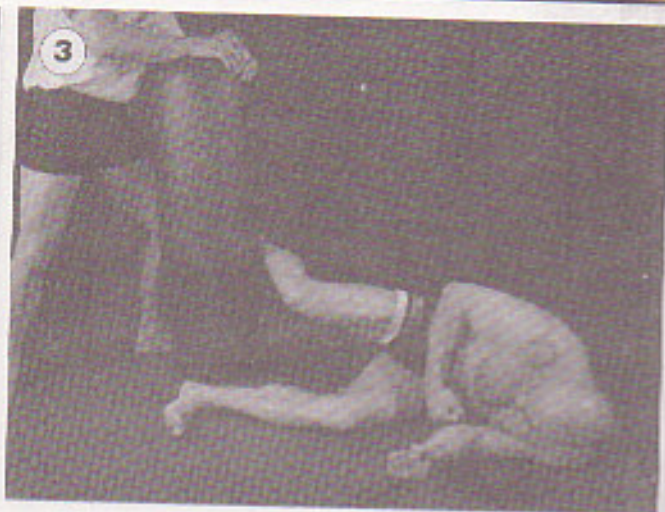
Left hook punch to the ribs.



Now for some kicks with your partner holding the bag.



Swing to the left side like this.



Right low roundhouse kick to the leg.



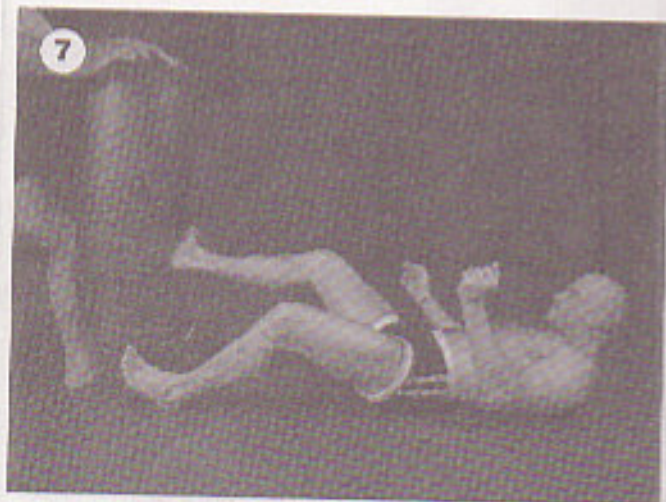
Roundhouse to the body.



Roundhouse to the head.



Now when you are on your back, use heel kicks to strike.



Heel kick to the knee or midsection.



Heel kick high.



Striking the head.



Also you can pull both legs in for a double heel kick.



Double heel kick to the head.



Then of course, do all the kicks with your other leg.



Continue kicking to the legs...



...the body, etc.

Training Notes

Bas Rutten's Big Book of Combat Volume 1

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Chapter 16

Ground Strikes From the Mount (Top) Position



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Bas Rutten's Big Book of Combat Volume 1

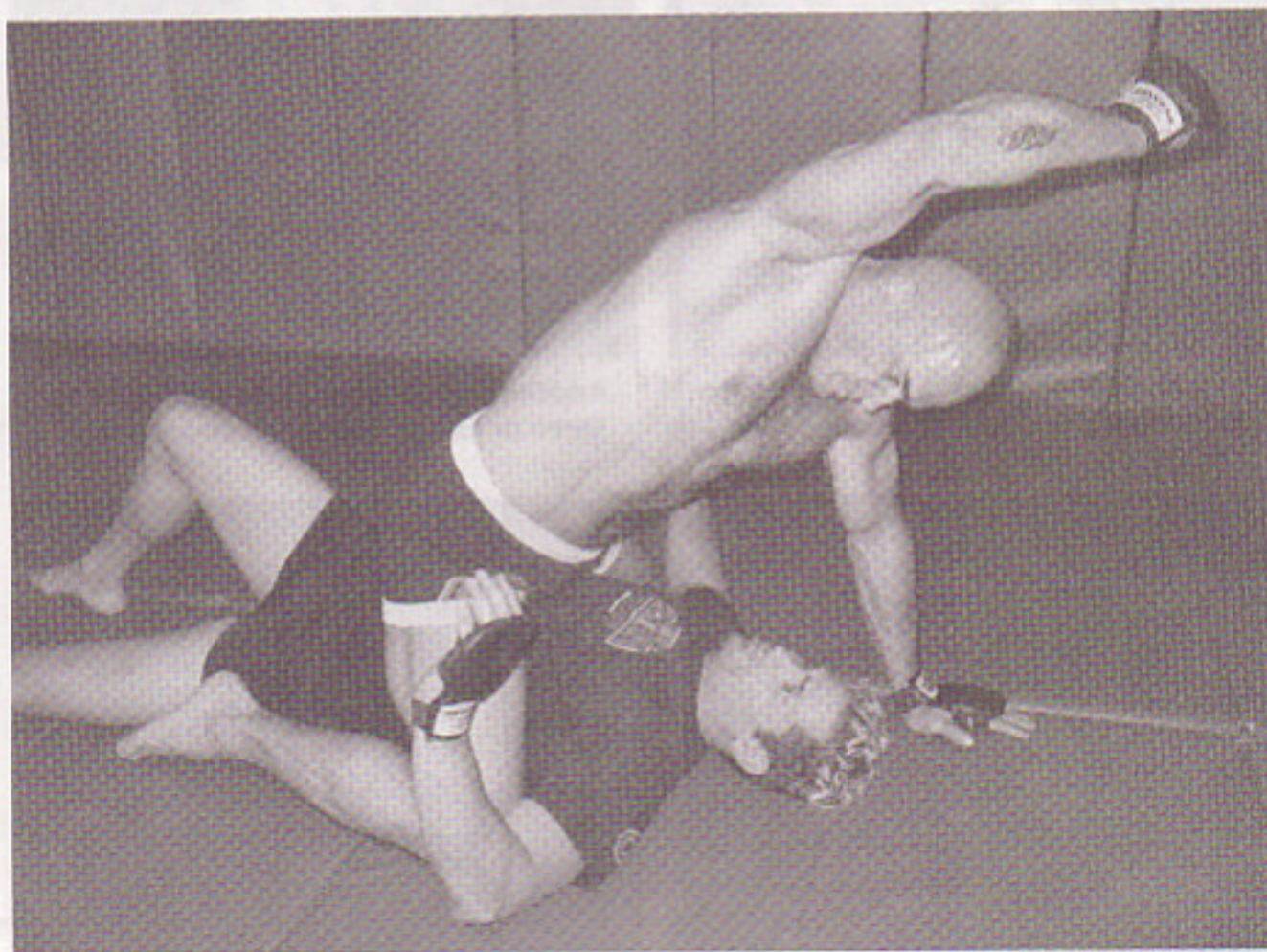
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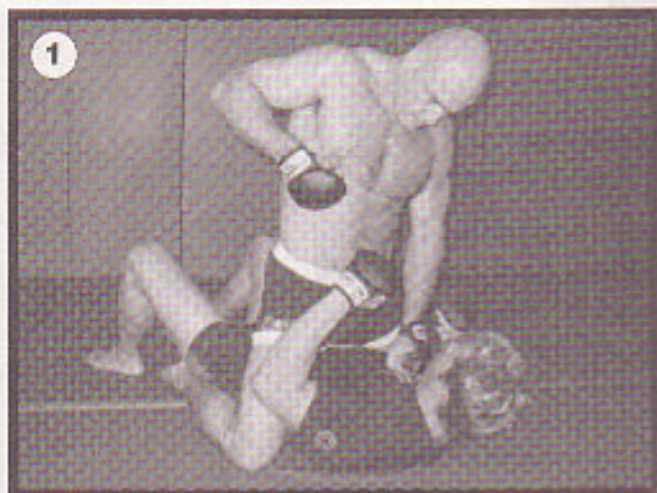
Ground Strikes From The Mount (Top) Position

In the early days of MMA the mounted position was the most feared position of all. Now a days people have figured out how to deal with it. But for that moment, if you have someone mounted, you can do lots of damage with strikes simply because you have gravity on your side. The angle of your body favors your ability to hit and not be hit back by a counter strike. One thing I must stress here... use combinations!

Double attacks with the right or left sides. Like a left hook to the head followed up with a left straight to the solar plexus. Mix things up.

And forget about punching without power...
GO FOR IT!





When in the mount, it is important to sit forward on his chest so he can't sit up.



Keep your knees by his armpits. Start with a right punch to the face.



As you see, the mount is a good position for striking because you have reach.



Another left straight punch to the head, three or four of these will end the fight.



Another good strike is the hook punch.



The punch comes around into the side of his head.



**And a left hook to the head.
Hit every punch with power.**



Slide your right leg back to make space.



Now hit to the solar plexus.



Other targets include the chest.



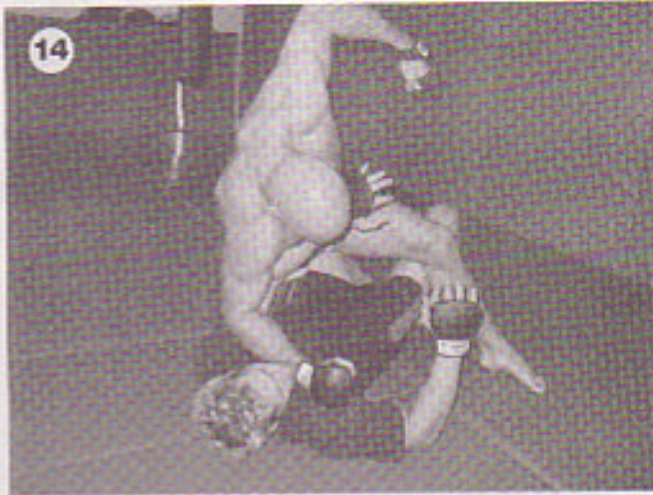
The rib cage is also a prime target.



**Hook punches are used to the
side of the body.**



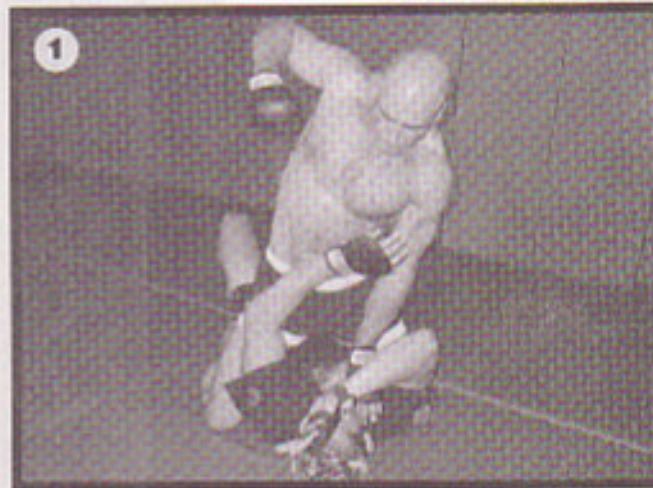
Hook punch the rib cage.



Now strike with a left hook.



The left hook gets in for a perfect hit.



Elbows are excellent strikes when in the mount.



Come down with a right elbow to the side of his head.



Then follow with the left.

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Strike the side of the face like this.



This elbow strike comes straight down on the front of the face.



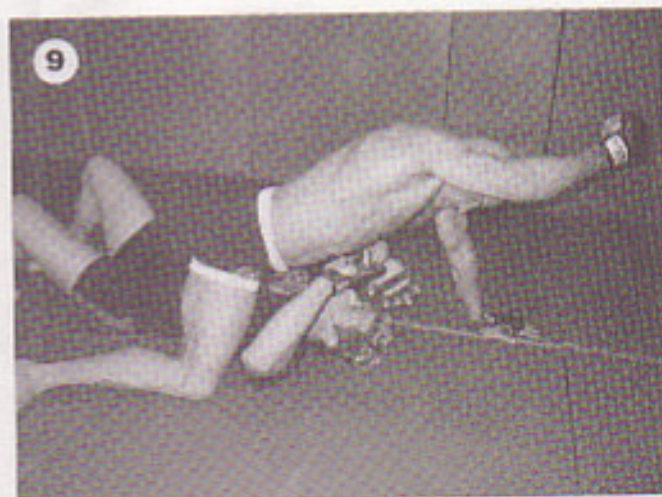
Put all your body weight behind the elbow for maximum damage.



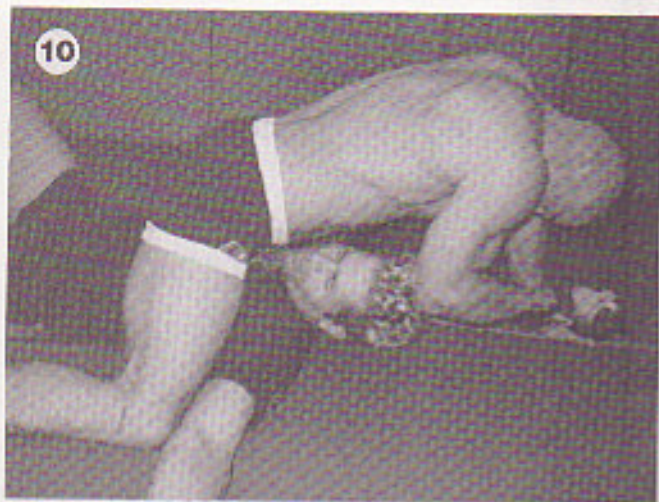
Again straight down on his face.



A devastating strike.



The point of the elbow is used to strike the top of his head.



A strike here will cut deep and cause major bleeding.



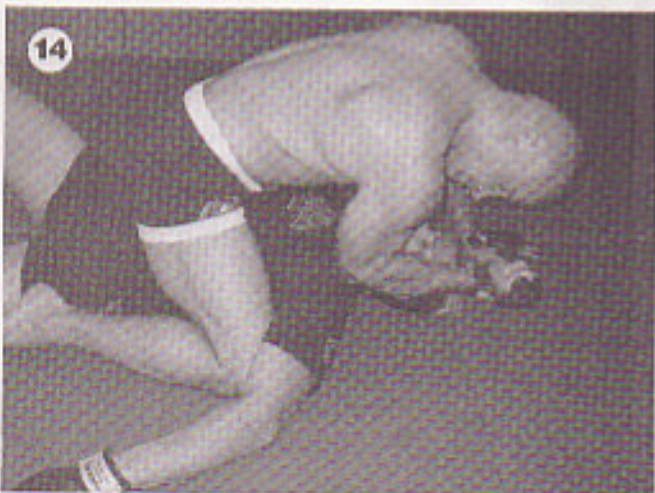
Follow with the left elbow until he quits.



He can't take many of these.



Another good target for the pointed elbow is the collarbone.



Strike here and it will break the bone.



Look at my extension.



Again deep into the collarbone.



Extend your right arm to execute another pointed elbow strike.



This time hit his chest, very painful.



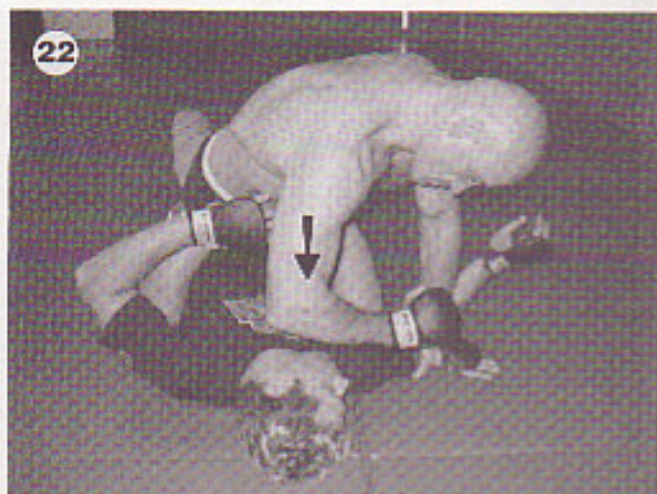
Now with your left elbow.



Again, drive the point into his chest.



Control his head by pushing it to the side.



Immediately follow by dropping your right elbow on his face.



Strike his jaw with the point of the elbow.



Now push his face to the other side.



Push his face all the way over like this.



Drop your arm.



Again, strike with the point of the elbow.



You are low in the mount like this.



Use your palm heel to strike.



Hit the side of his head with the open palm.



Now again with your left open palm.



Strike the side of the head.



For adding power to your pointed elbow strike, grab your head.



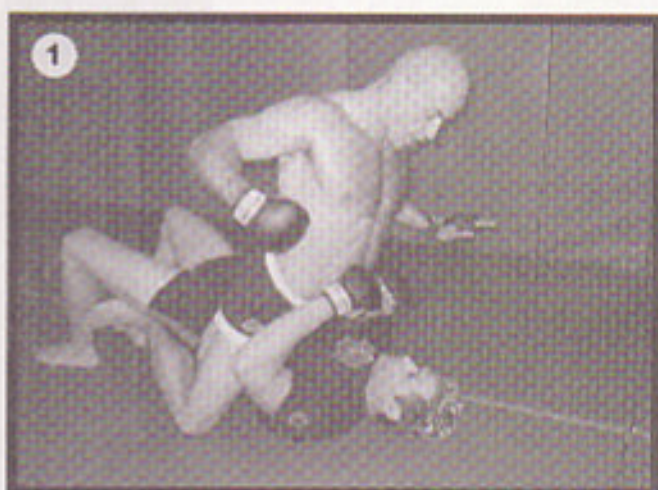
Now drive down into his chest using your head like a hammer.



Again with the left hand.



Use your head for more power to drive into his chest.



In this situation he bridges and I fall forward.



Immediately post your arm out to regain balance, start hitting with the other hand.



Hook punches work well because your reach has been shortened.



Follow with an elbow.



An elbow to the side of the head will work fine.



You can also switch hands for balance and also...



...to get to his other side.



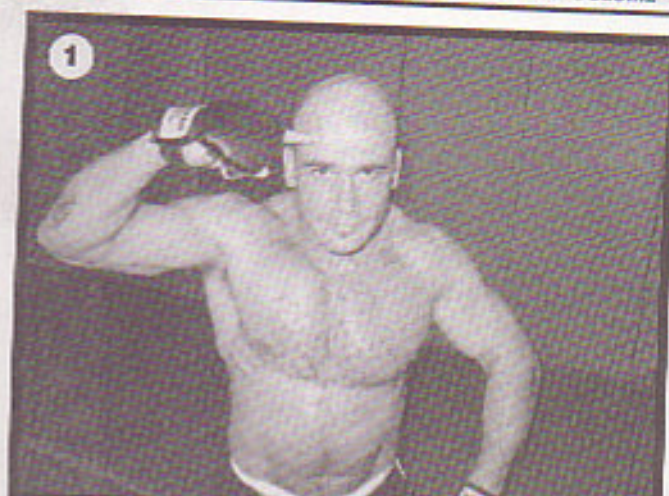
Hook punches to the face are good.



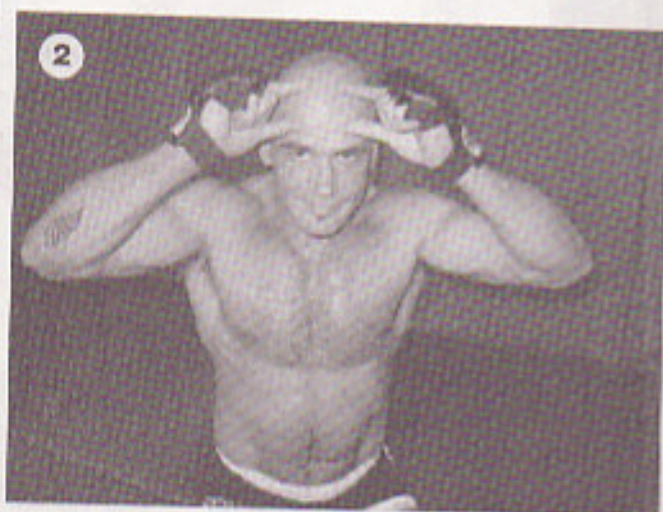
Follow the punch with an elbow.



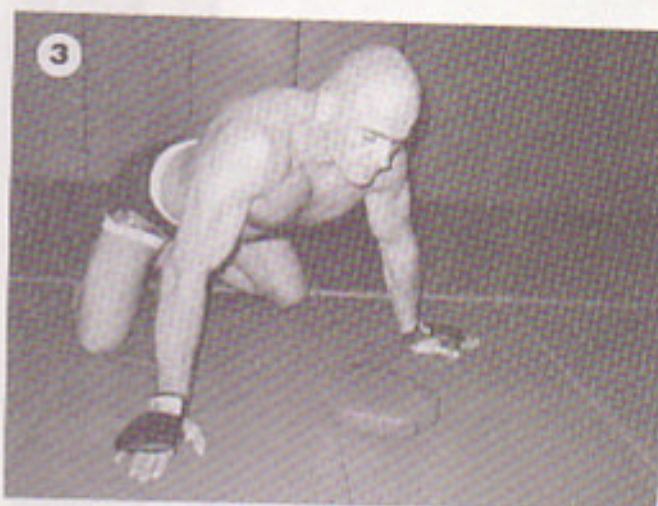
10 Strike the side of his head with the elbow.



1 Head butts work great when in the mount.



2 Use this area of your forehead for striking your opponent.



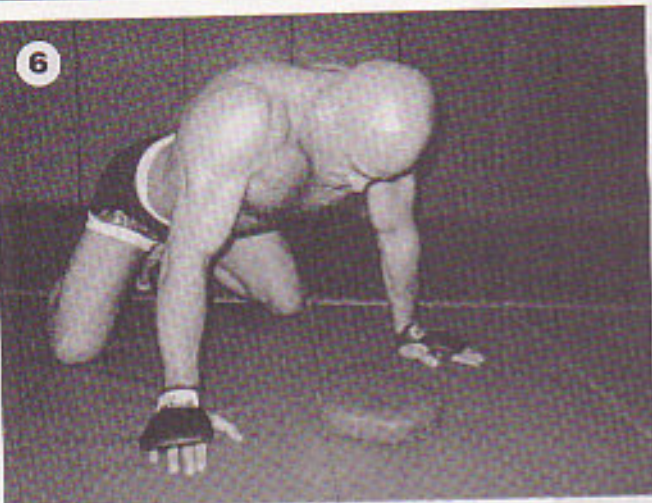
3 For training put a mitt on the floor, have your arms out.



4 Drive your head down like this.



5 Then put your head next to his "head".



Get up fast and...



...slam your head down.



Here you can see the start position.



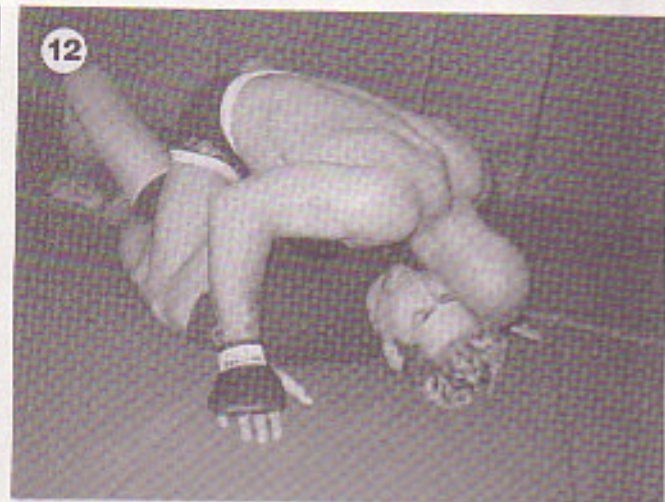
Raise up.



Head butt to the face.



Do your head butts fast because if you're too slow, this can happen...



...if you come up too slow...



...and you hesitate at the top...



...he will have time to come up and you will hurt yourself.



Now you're the one with the broken nose.



You want to hit him here, right on his nose, while his head is down.



Another good head butt strike is to attack from the side.



Striking the side of his face like this.



Hold his face down.



Follow with another head butt.



Head butt straight down for the finish.

Training Notes



OK Guys, more striking techniques from the mount.



This punch fires from your hip.



Strike under his arm, to the face.



When he tries to strike back,
push his hand to the side.



Like this.



Follow with a punch to his head.



Bull's eye.



Here's a funny, but good, one you can use.



Grab both his wrists like this.



Now start striking him with his own fists.



Push his hands into his face.



It works.



He knows now and keeps his arms up, trying to push you away.



Just let go of his hand and punch his face.



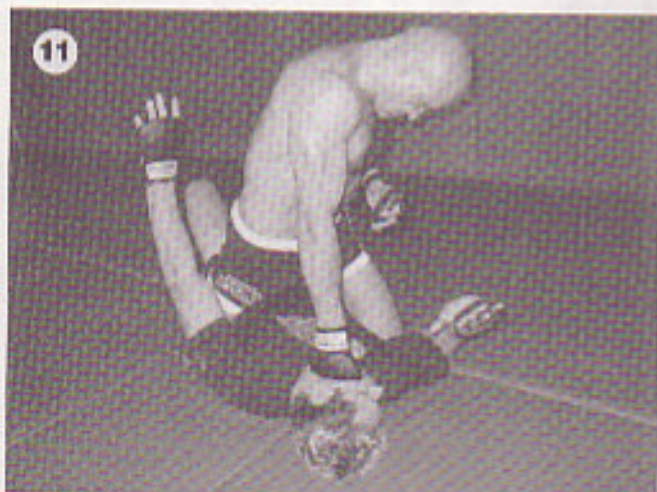
Keep hitting him.



Hit other targets like the solar plexus.



Keep him confused.



Hit him all over head, body, back to head.



Now he tries defending his head.



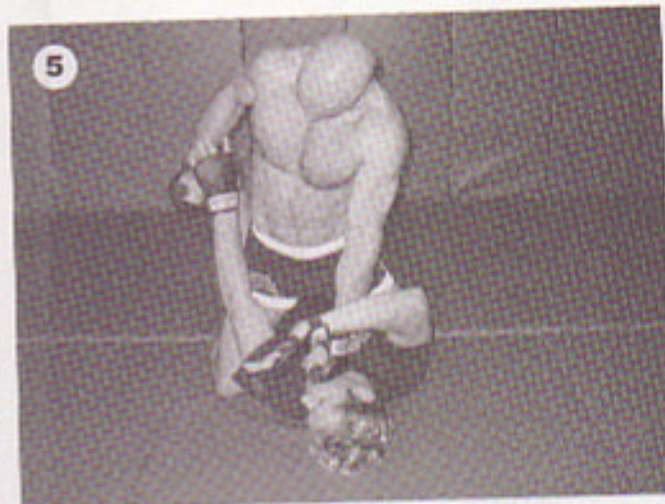
Hook your punches around his blocking arms.



Hit the side of the head.



Then switch to straight punches into his face.



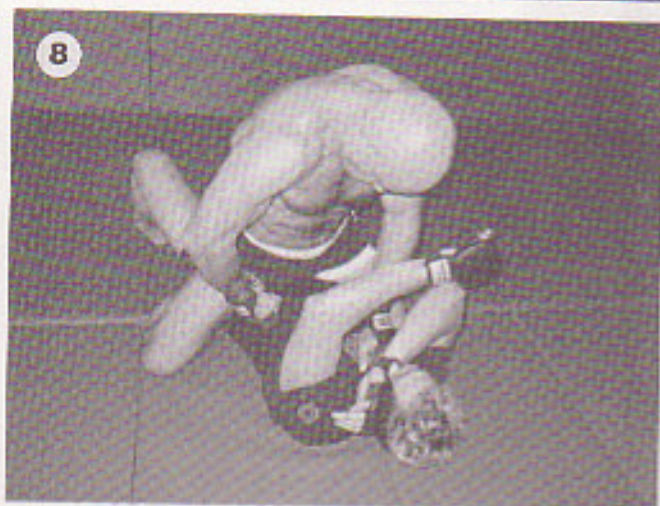
Now he gets confused and does not know where to block, leaving many openings.



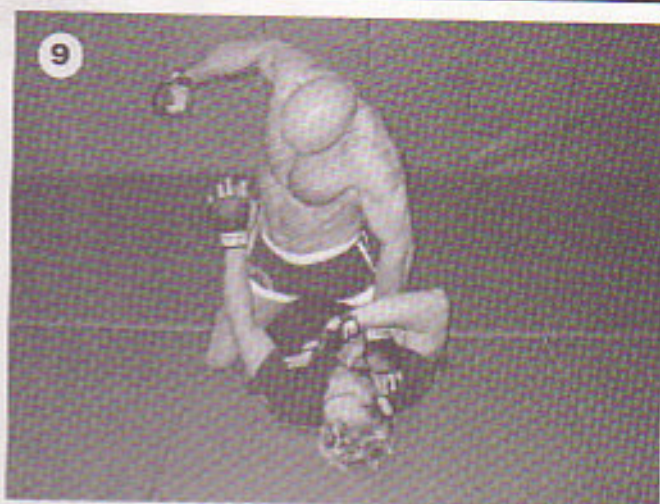
He continues to try and defend by putting his arms up.



Look at his head.



Instead of the head, change and strike his unprotected body.



Raise your arm again as if you are going to hook punch the body again.



Instead, change and go for a right straight punch to the head.



Now if he does block your arms like this...



...catching your left arm...



...and then catching the right arm...



14

...getting both like this...



15

...bring both your hands inside his arms.



16

Push your hands away from your biceps, breaking your arms free.



17

His face is now open for a head butt.



18

Smash his face for the win.



1

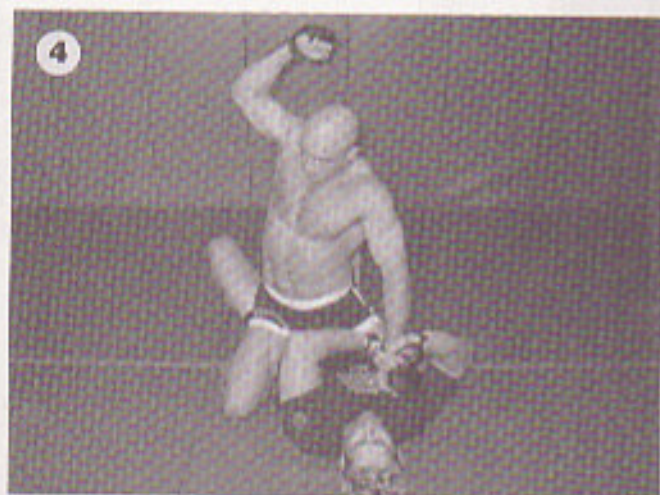
Lets go on to a series of elbow techniques designed to confuse your opponent.



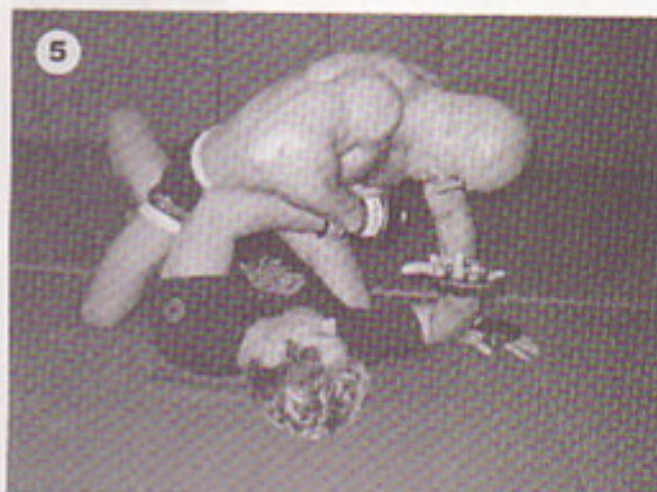
First hit the chest with a dropping elbow strike.



Go up again with the same movement.



He defends his chest, thinking you will aim for the same target.



Instead you change to a cross elbow to his head.



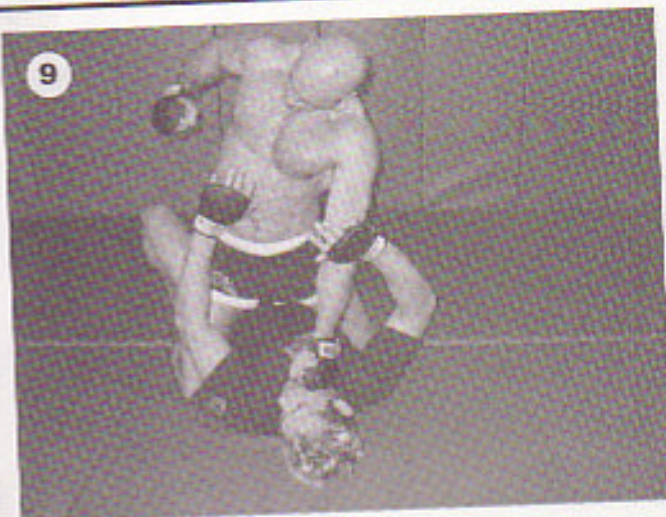
Strike the side of his face.



Now we continue with a right straight punch.



8
Straight right punch to the face.



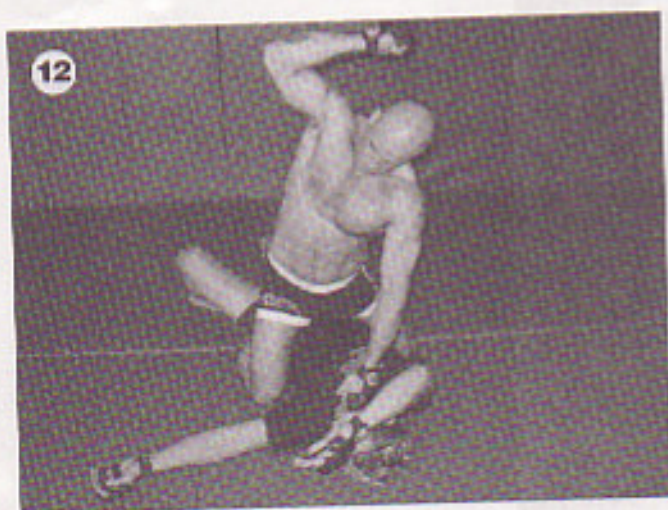
9
Follow with the left straight punch.



10
Continue with a right to the body this time, as he blocks his head.



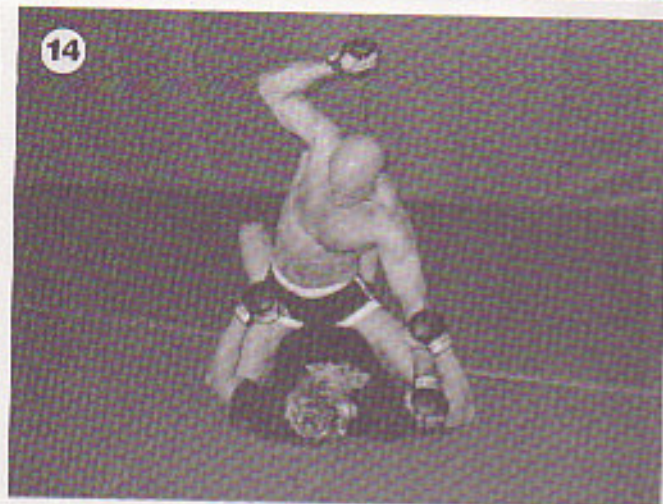
11
Then left to the body.



12
Now back to the pointed elbow.

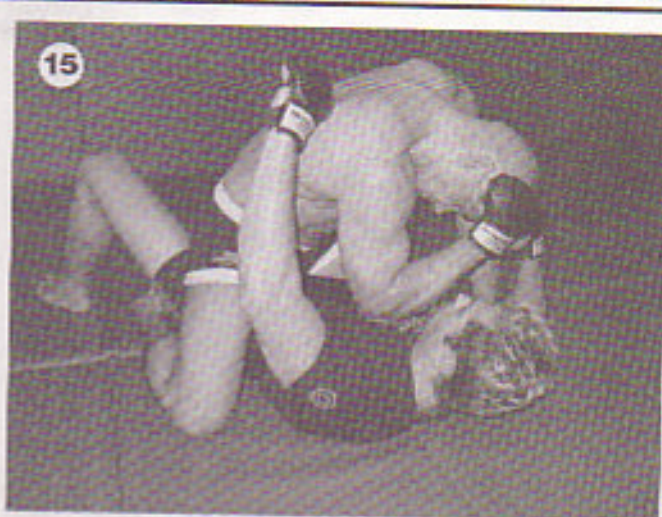


13
Strike down into the chest.



14

More combinations you can do.



15

Again elbow to his chest.



16

With the same arm, ready to strike.



17

Now bring the elbow to the side.



18

Hit the side of his head like this.



19

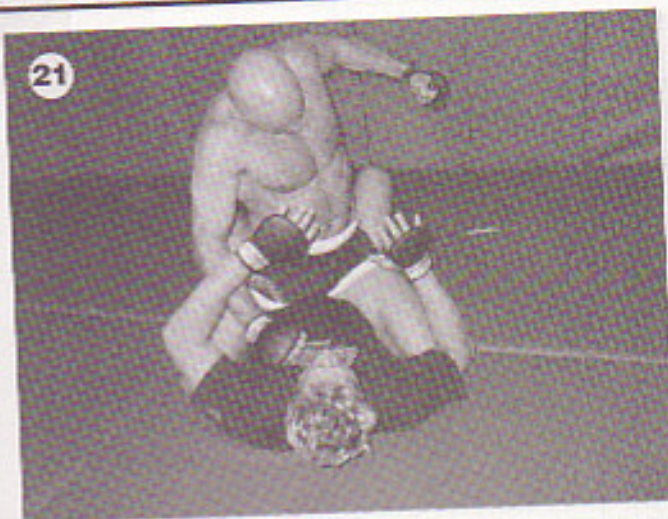
Now a left hook punch.

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Left hook to the body.



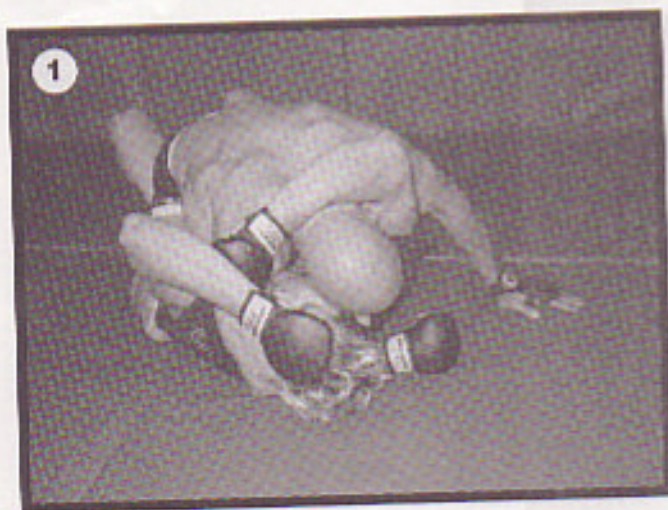
Another left hook punch.



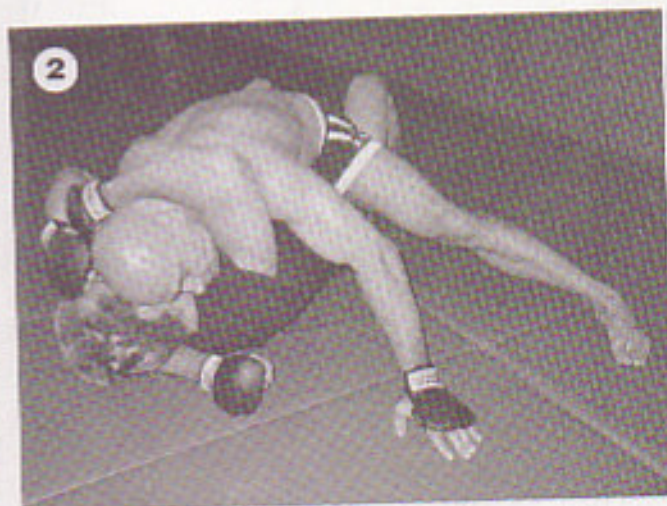
Left punch to the head.



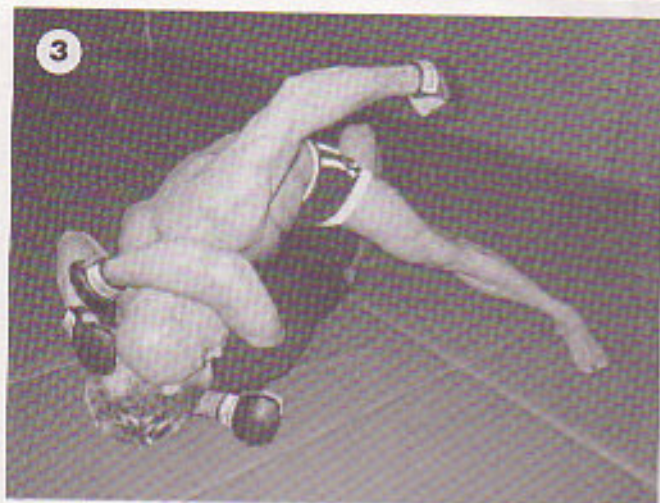
Finish with a right straight punch to the face.



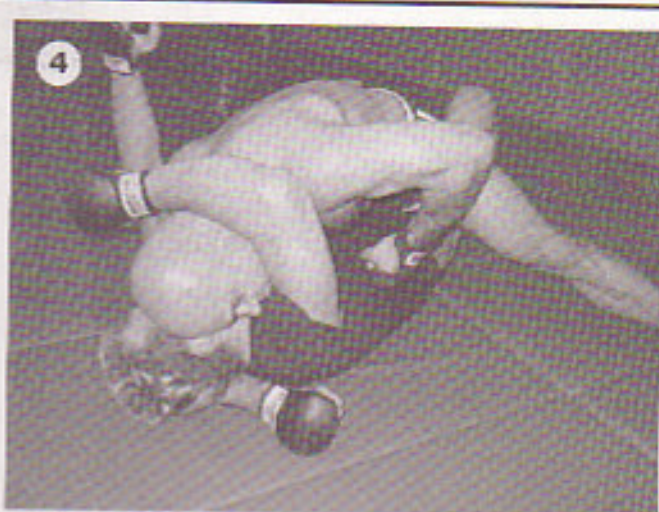
In this striking sequence he has me in a headlock.



Post both your legs out for a strong base and to prevent him from turning you over.



3
Roll to the right side to open his ribs.
(Always make sure that if he turns you to the left, you post your right leg out.)



4
Hit his ribs with a short left hook punch.



5
Do the same thing.



6
Another short left to the ribs.



7
He tries to defend his side. As he drops his arm to block, he leaves his head open.



8
Take advantage of his mistake and smash his head with a left elbow.



Follow with a right straight.



Another one you can do.
He holds you tight...



...slide your left hand over
to your right hand.



Grab your hands together tight.



Now slide your hands in between,
scraping hard over his face.



Push yourself up, keeping your
left arm pressed on his face.



Hit his face hard with your right hand.



Come up high to create more distance.



Finish him with a powerful right straight punch to the jaw.

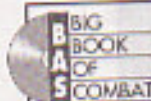
Training Notes

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Chapter 17

Ground Strikes From In The Opponents Guard



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Ground Strikes From In Your Opponent's Guard Position

The guard: the position is ideal for submissions from the bottom. But if you end up in someone's guard don't worry, if used correctly it is a good place to do damage with strike while you are IN IT! Here I go again and I will keep telling you this till you get really sick of me. Create distance in order to hit with power! All these little soft punches are a waste of time.

Combine your punches! A good basic combination is to drill away at body then go to the head. Always be thinking about defense because the man who is on the bottom may attempt a submission at any moment. Be sure to aim at key target areas like the chin, jaw, nose and temple. Just don't flail away without aiming.





1 Start in your opponent's guard position with his legs around your waist.



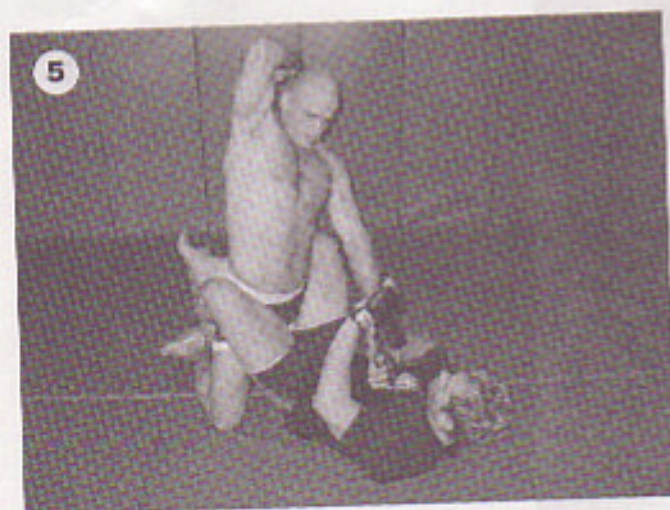
2 The first technique will be an elbow strike to the midsection.



3 Bring your right hand up high.



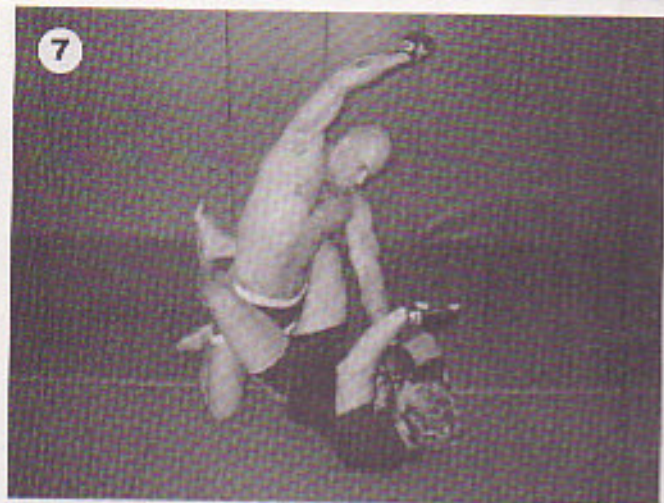
4 Strike straight down with the point of your elbow, striking into the solar plexus.



5 A good technique: fake an elbow by raising your arm. In anticipation he blocks.



6 As he protect his stomach, change to a hammer wrist strike to the open head area.



Another target area for an elbow strike is the upper leg



Strike the point of your elbow into the thigh muscle, which will inflict excruciating pain.



Another target...



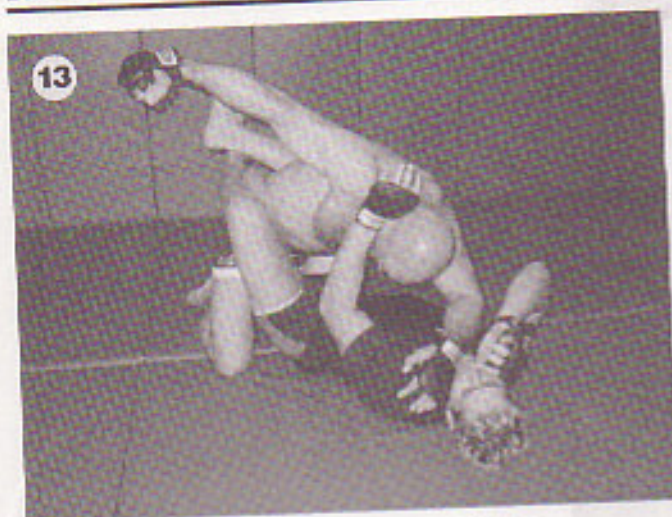
...strike into the hip. Very painful!



Another good strike is a hook punch.



Right hook punch to the rib.



By bringing your arm high...



...you can hook around his arm into the head.



Another technique is to fake a hook punch and as his arm moves away to block...



...change to a straight punch to the face, which has become an open target.



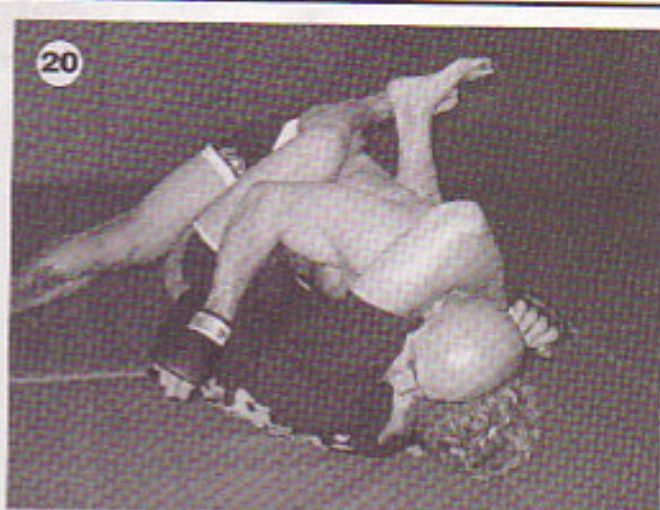
When he holds you like this, throw hooks punches...



...to the body...



...or strike with an open palm hitting your opponent with the wrist bone.



Striking with the wrist bone will cause great pain.



When he is holding you tightly with little space between you and him...



...cross face him with your left arm...



...pushing on his face with your weight.



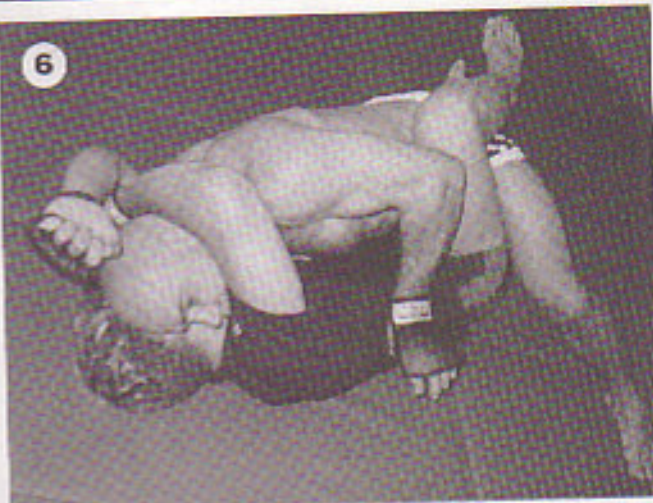
Follow with hook punches to the head.

5



Also you can roll him to the right side to open him up for palm wrist strikes...

6



...to the kidney area. The palm wrist is the bone area where your wrist and hand meet.

7



Or in the same position...

8



...hook punches to the body will work nicely.

9

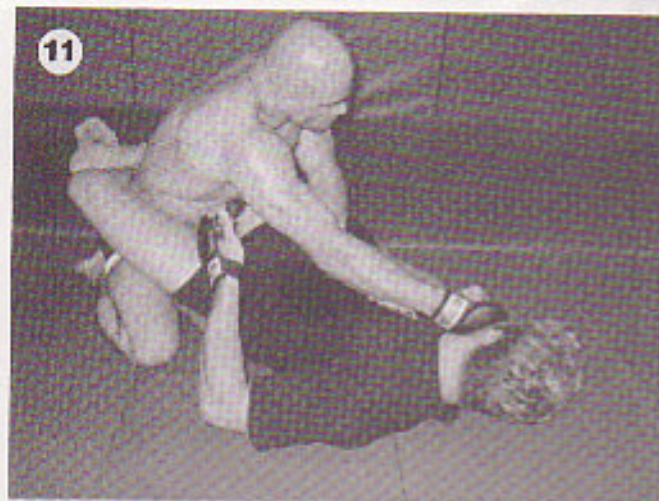


A nice striking combination when you're caught in his guard.

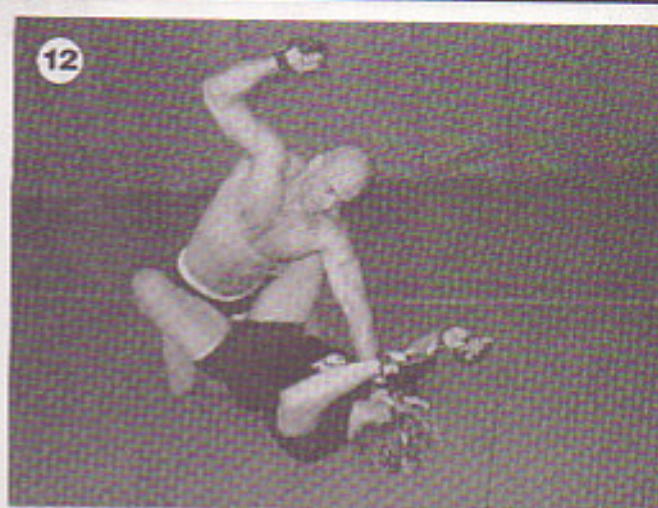
10



Right elbow to the thigh...



...followed by a right straight punch to the face.



Ready a pointed elbow strike...



...to the solar plexus.



Another elbow strike. Come up the same way as in picture #12, but now...



...elbow strike to the head.



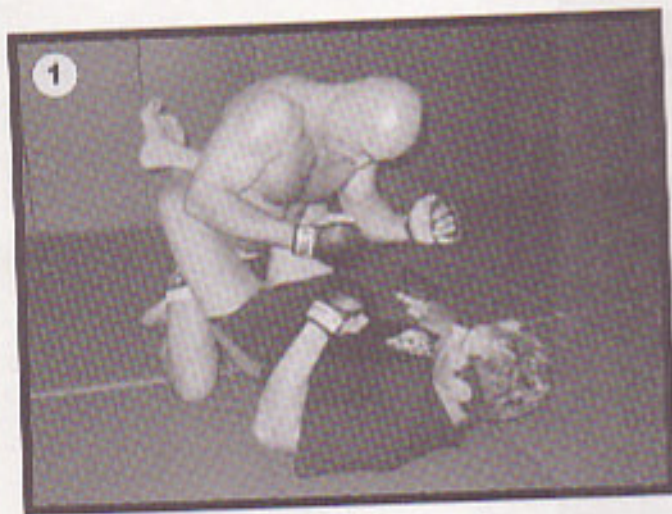
Different angle of the elbow strike to the head.



17
Push his head to the right so he thinks you're punching to the head...



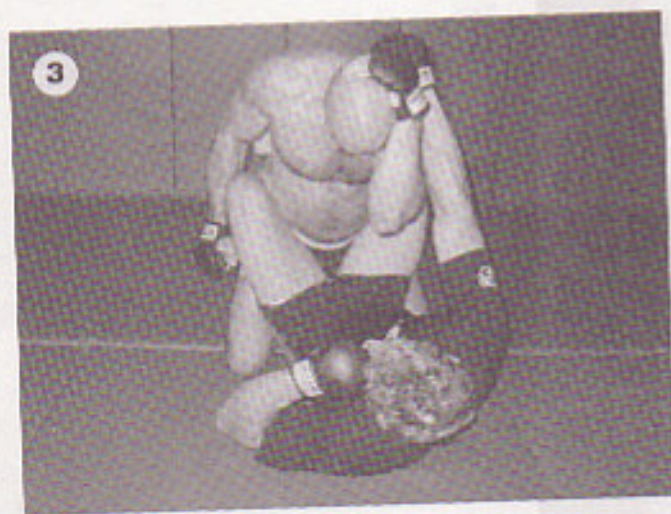
18
...instead, you attack the ribs for the win.
Note: Watch out for an armbar.



1
Starting in his guard...



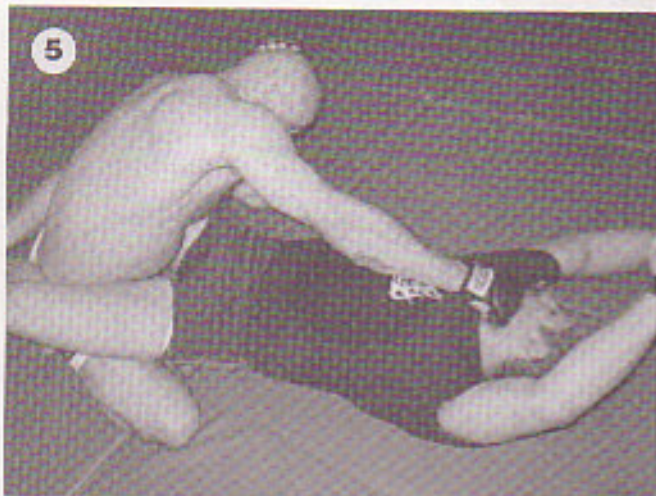
2
...as he attacks with a right hook to the head...



3
...block the strike with your right arm.



4
As you block, drop your elbow straight down into his solar plexus.



Follow with a right straight to the head.



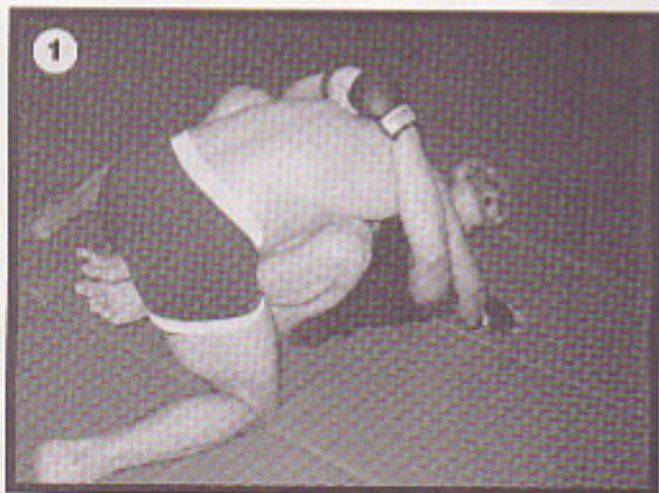
Then post your hands on the floor.



Raise your right leg up high...



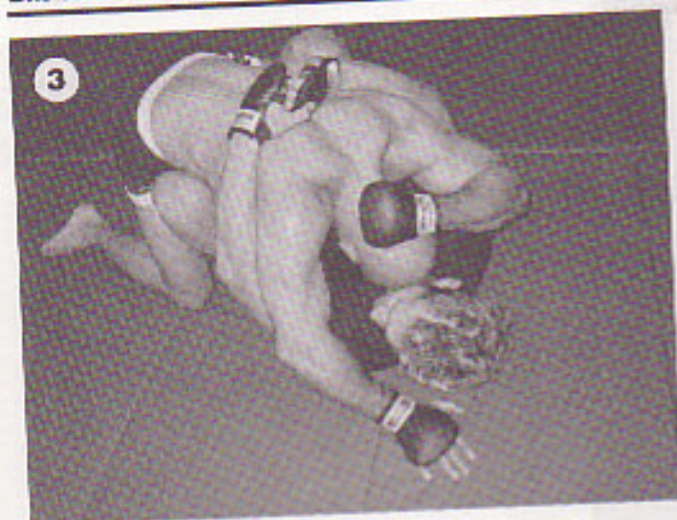
...and knee strike hard into his butt.



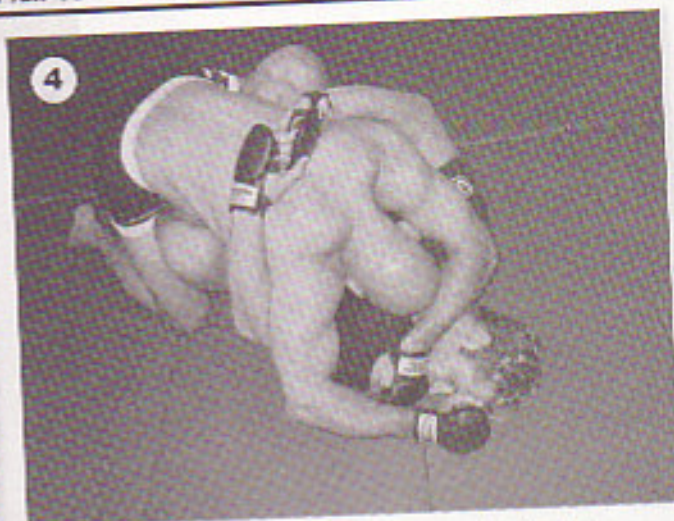
Strikes when in your opponents butterfly guard.



He holds you tight.



3 Slide your left arm to his head.



4 Cross face him with your left arm.



5 Push yourself away.



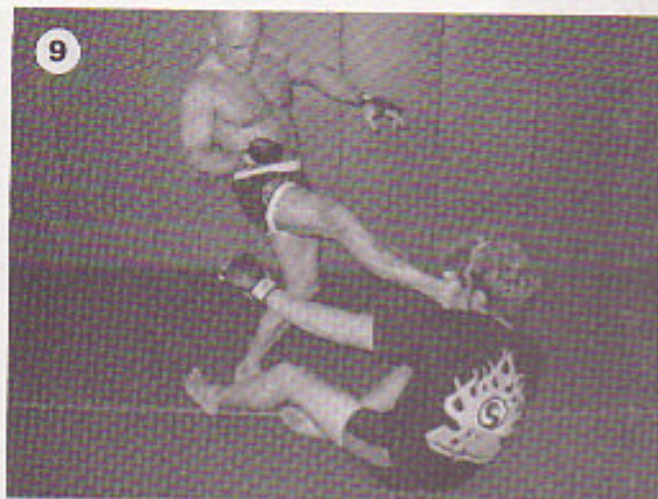
6 Straight punch him with a powerful right punch.



7 Push your self away...



8 ... and stand up, ready to kick.



Execute a front kick to his head.



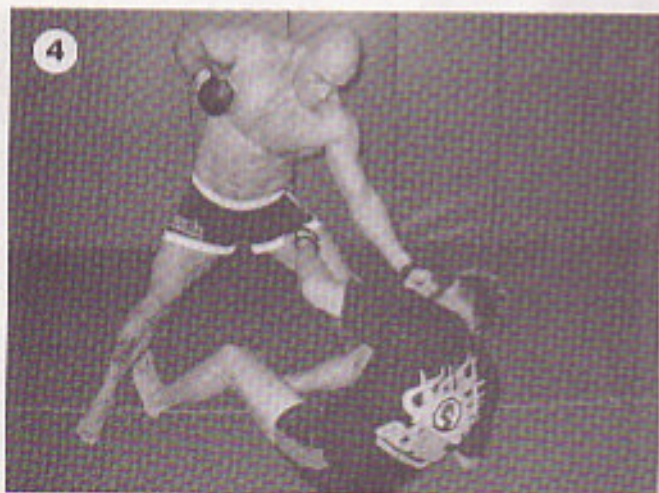
Another kicking technique to use...



...are roundhouse kicks...



...to the head.



Follow with a left straight punch.



Then a right punch to the head.

Training Notes

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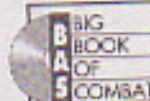
Chapter 18

Ground Strikes

From The Top

Side Mount

Position



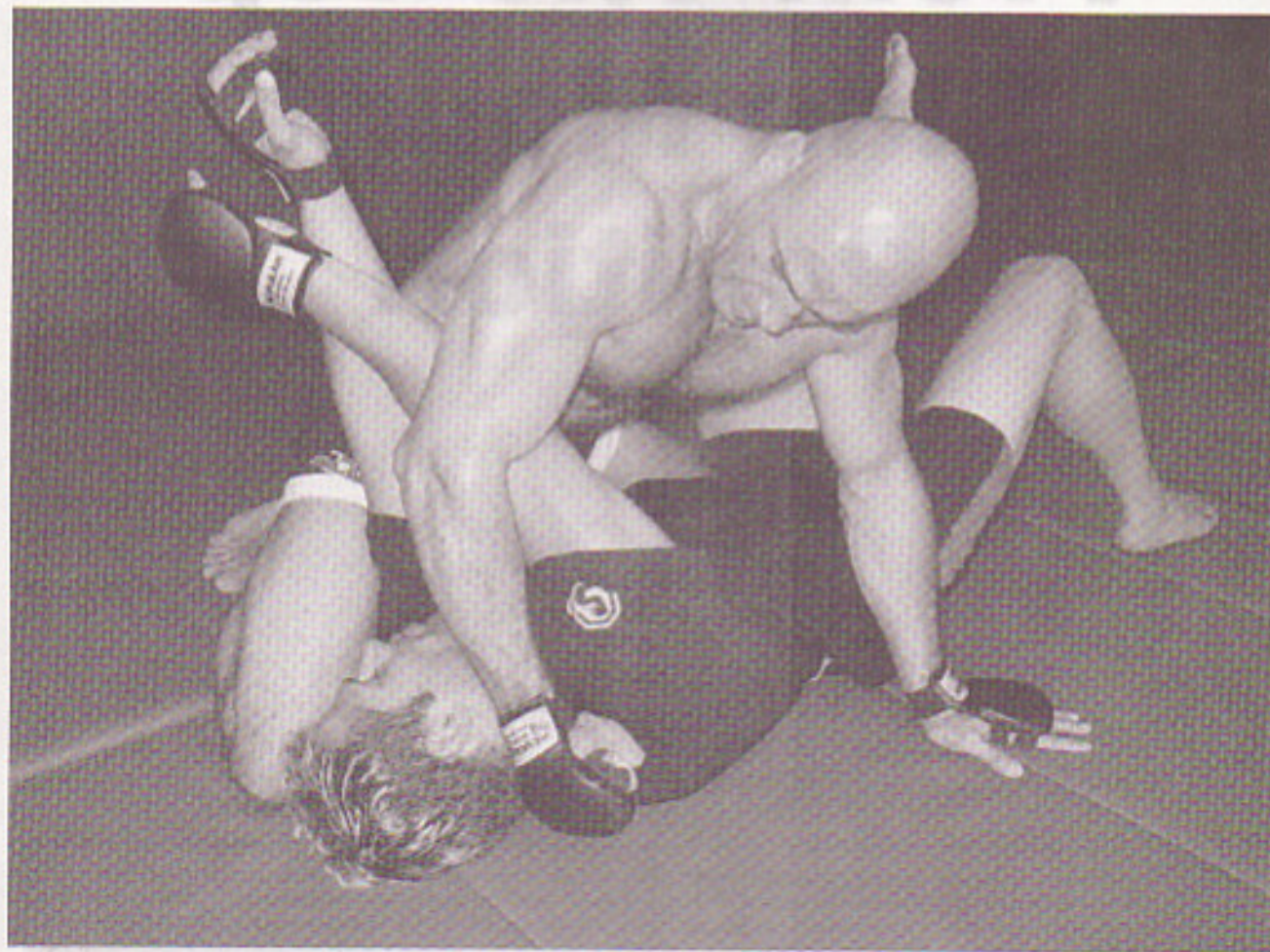
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Ground Strikes From The Top In Side Mount Position

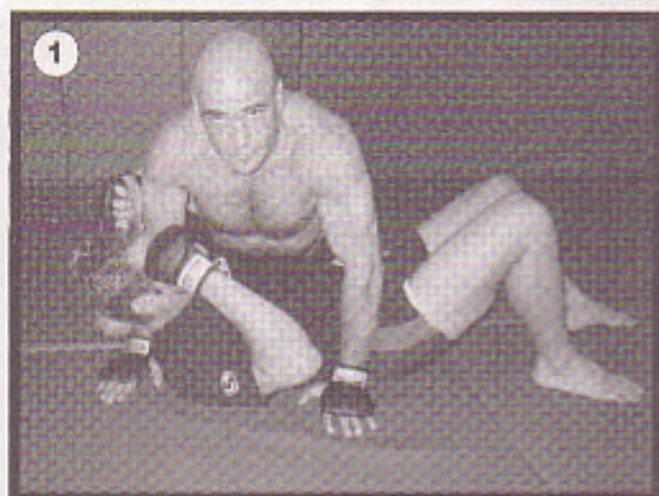
Man, I really love this position. You can do pretty much anything from the side mount. This is the perfect position to set up submissions too, like the keylock (also called the "Americana") or the armbar. Wrestlers usually prefer this position when they take you down. And I agree with them. Once you get someone in the side mount you can kind of relax and let them do all the work. Then you can attack while they try to escape. I believe that this is the best position to have in a fight. The knee to the head is the obvious striking weapon that comes to mind. And remember; don't throw single shots all the time. Think 'combinations'.



Training Notes

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1
Start in this position, your belly pushing down, your left hand bracing his side.



2
For added support, secure your knees up tightly into the side of his body.



3
Raise your right arm to ready an elbow strike to the jaw.



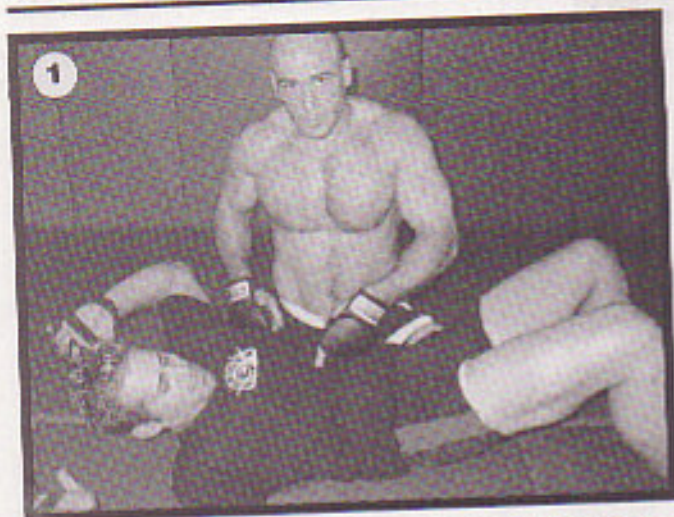
4
Elbow strike down, across the jaw, as shown.



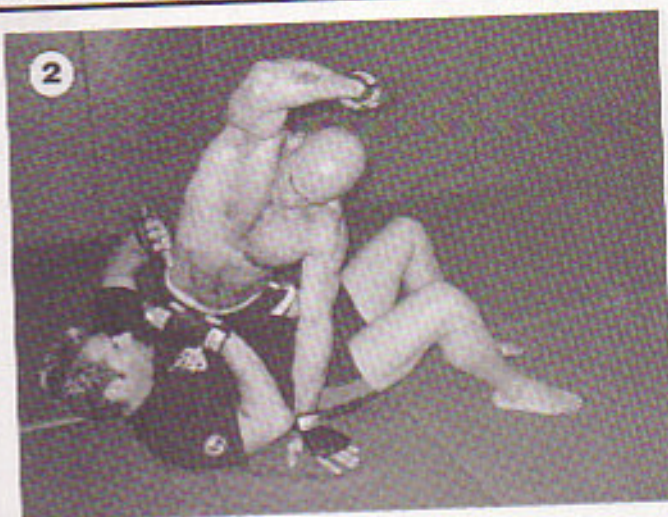
5
Raise your right arm again to prepare a pointed elbow strike.



6
With all your force, strike straight down with the point of your elbow into the chest.



1
A good striking area from here, is the solar plexus located just below the sternum.



2
If the solar plexus were blocked by your opponent...



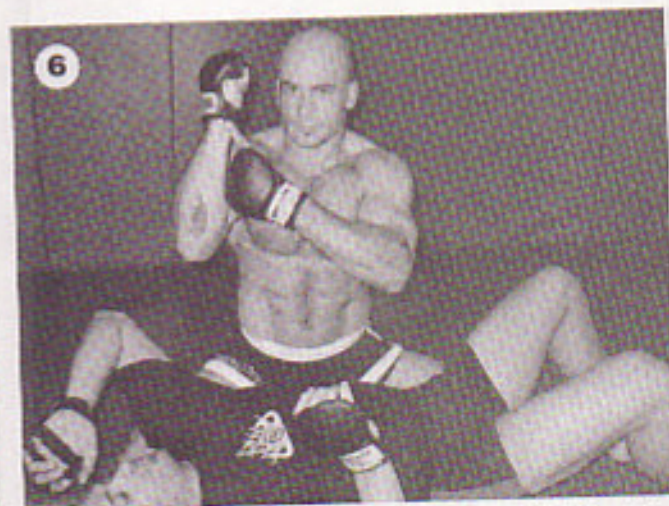
3
Go to the chest with you pointed elbow. A strike here would end the fight quickly.



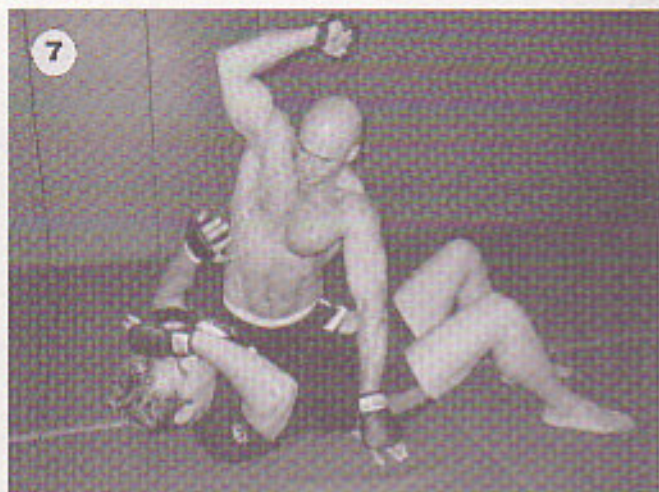
4
Come up as in picture #2, but now prepare to execute a fierce hammer fist strike.



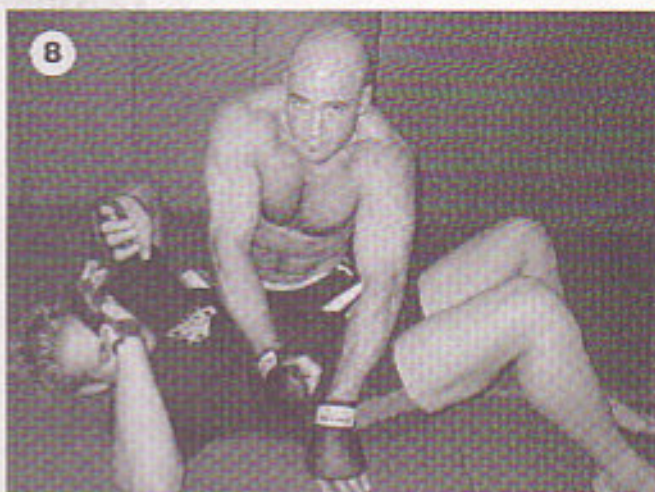
5
The strike is directed down, across your opponents jaw.



6
A correct hammer fist: keep the fist tight, striking with the bone, not the real fist.



As you prepare to strike with the hammer fist, fake a strike to the head.



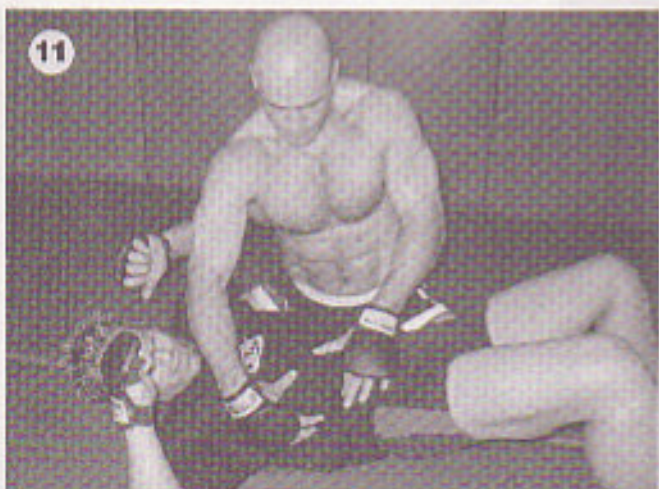
As he takes the fake and blocks his head, hammer fist down into his open rib cage.



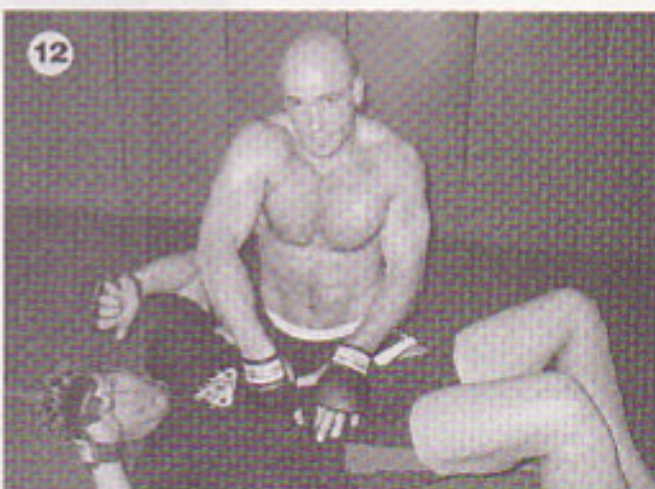
Again with the other arm.



Strike into the ribs.



This is the target area of the rib cage that you want to hit.



Another prime target: here where the liver is. This is an excellent target for taking him out.



Follow up your rib and liver shots with an elbow to the solar plexus.



In this technique, cross face him with your arm, so he cannot see what you're doing.



Lean forward on your hands...



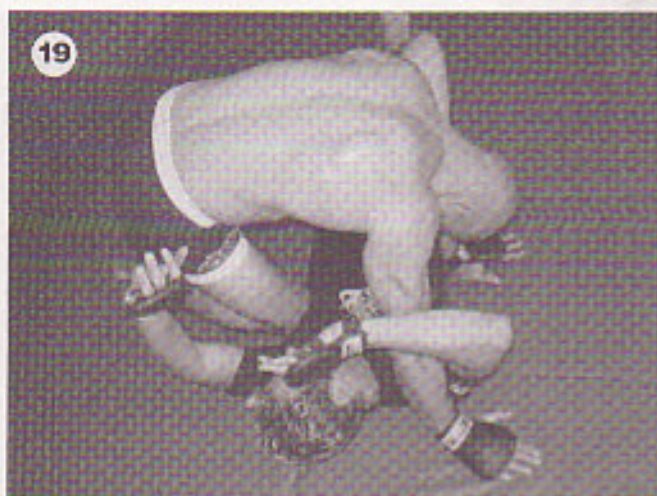
...bring your leg up high and back, as you prepare a power knee strike.



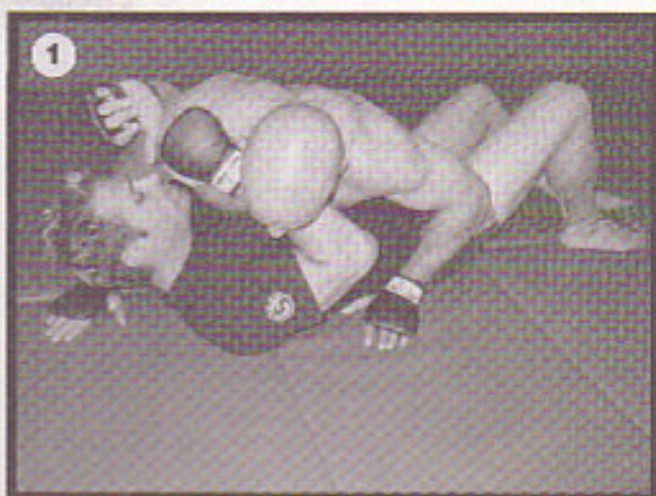
With the point of your knee, strike down into the rib cage.



Follow with another knee strike...



...to the ribs for the take out.



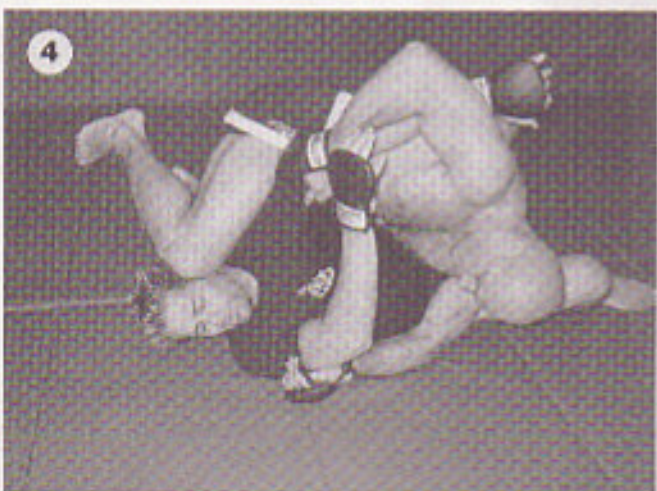
From the top side mount position...



...swing to his left side,
pulling his arms away from his head.



Lift up on your left knee,
bringing your right leg high and back.



Drive your knee down, into the side of
his head. A devastating knockout strike.

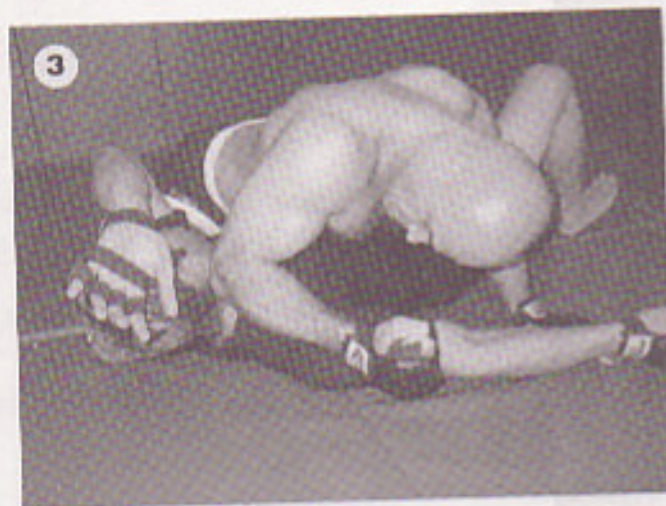
Training Notes



Begin in the top side mount position.



Keep your fist tight and bring your arm forward as you prepare to elbow strike.



Elbow strike to the side of the head.



If you hold his right arm like this...



...you can execute a pointed elbow strike...



...to the shoulder.



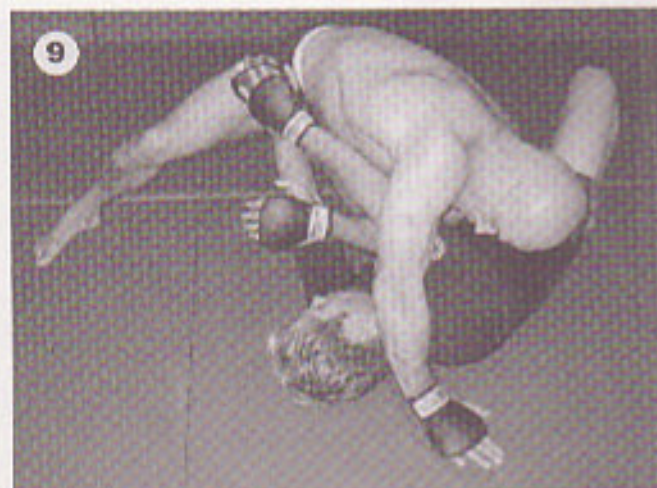
7

Continuing from the side mount.
If you go backwards...



8

...like this and he sticks his hand out...



9

...just grab his arm away
with your left hand...



10

...like this.



11

Look at the grab from this side.



12

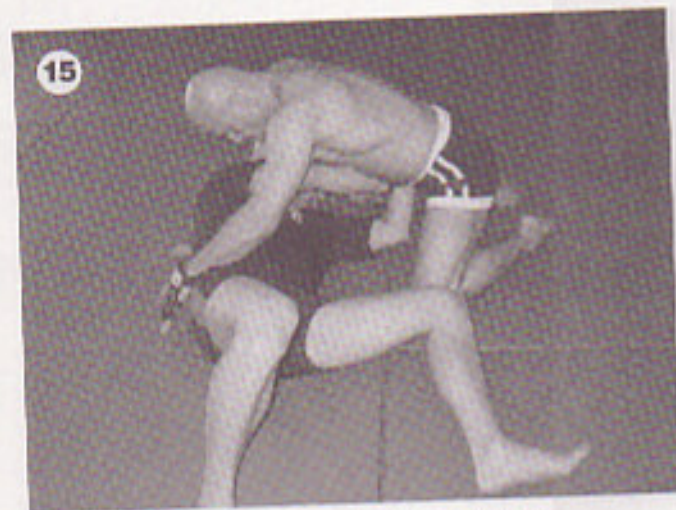
Ready a knee strike.



Knee to his face.



If he pushes himself away...



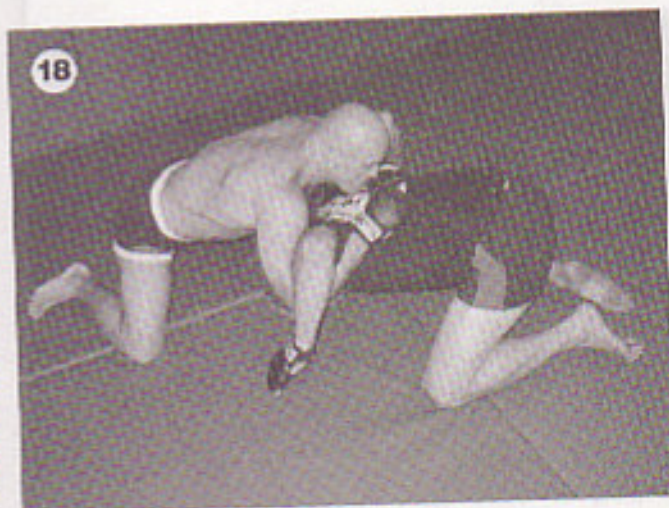
...in order to get on his knees...



...like this...



...make sure that you have the under hooks when holding him.

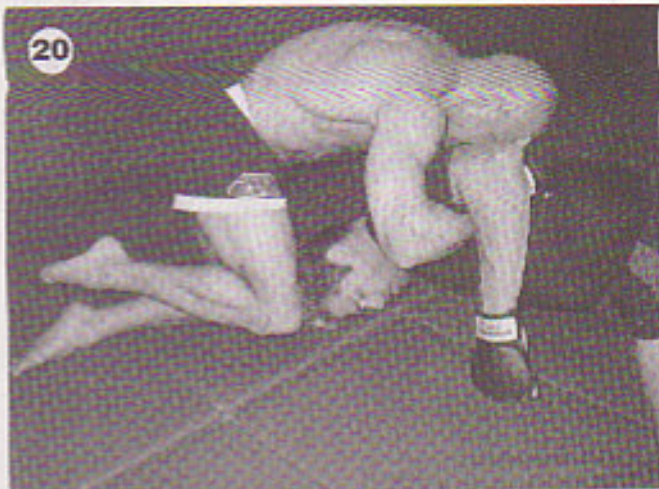


Lock your hands together in this position so that he cannot escape.



19

Ready a knee strike.



20

Drive your knee into the top of his head for the knockout and win.



1

Begin in the top side mount position. A series of striking combinations follows...



2

...starting with an elbow strike to the head. Bring your arm up.



3

Drive the elbow down into the face.



4

Follow with a pointed elbow strike to the ribs.



Strike down into the rib cage.



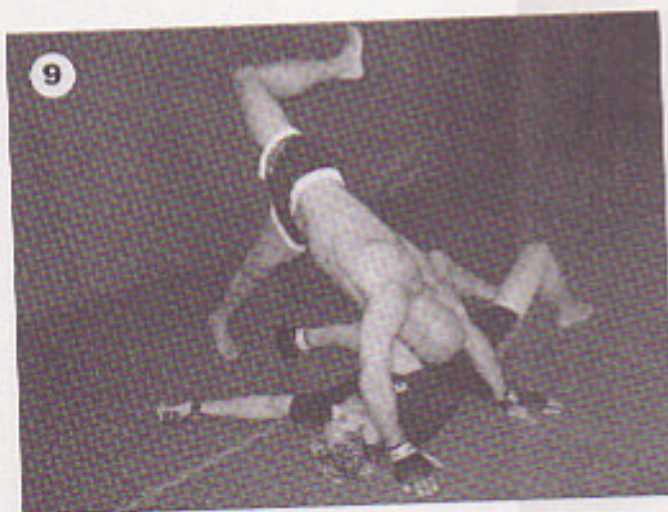
Follow with a hammer fist strike to the head.



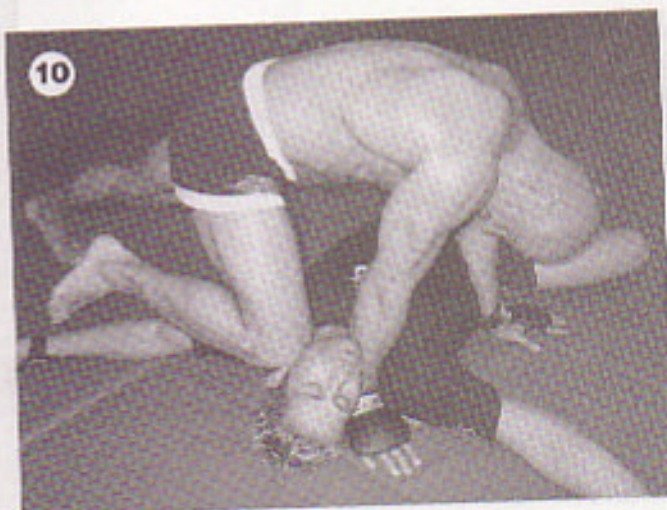
As your opponent attempts to block...



...strike down over his arms, hitting the jaw.



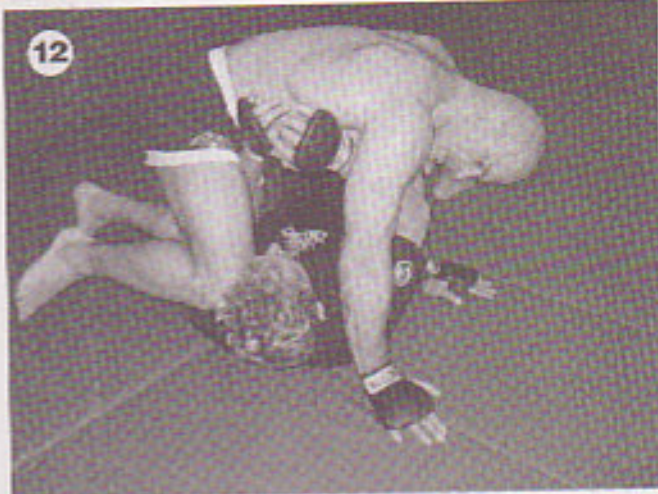
Follow with a knee attack.



Execute the knee strike to your opponent's jaw.



Knee strike again...



...to the side of the head.



As you prepare another knee strike, he will certainly attempt to block the attack.



As he does, it leaves his head open for a finishing elbow strike to the jaw.



Starting in the top side mount position.



Grab under his right elbow, pull his right arm in, away from his side, exposing his ribs.



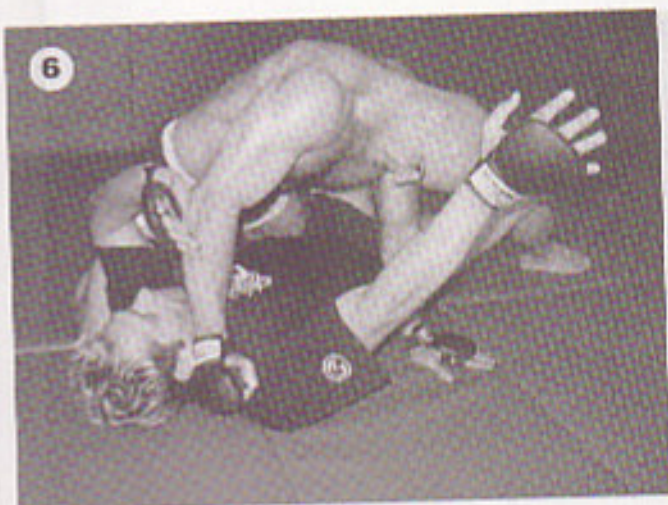
3
Immediately attack. He will think you are attacking his ribs and try to block.



4
Instead of striking the ribs...



5
attack the head, which is wide open for a hammer fist strike.



6
Hammer fist to the jaw.



7
Then lift up on your right arm and follow...



8
...with an elbow to the jaw.



Start in the top side mount position.



Push his right arm out and...



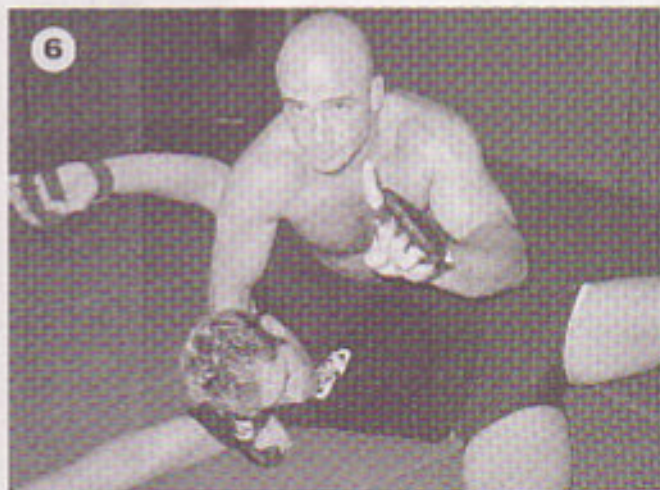
...put your right arm around his neck and right fist under his armpit.



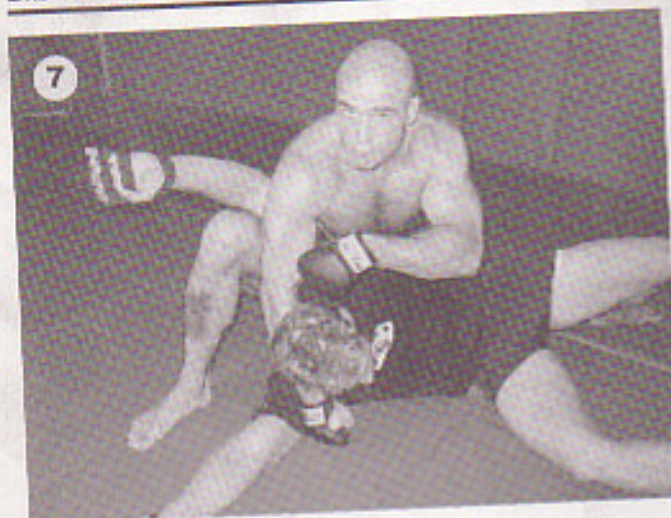
You now have numerous open targets.



Strike to the head or body.



But if you...



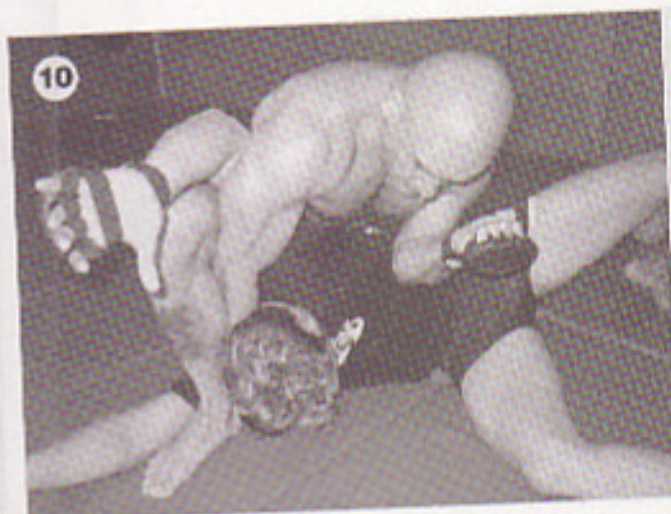
...bring your right leg up and place it...



...next to your hand. You have excellent control and your opponent can't escape.



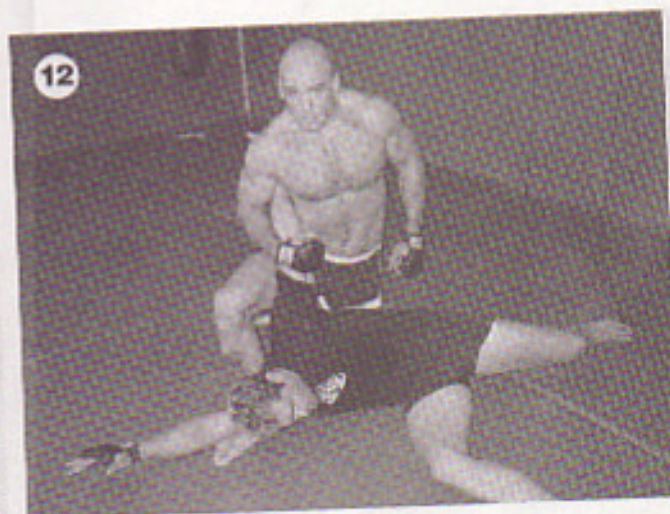
Now you can strike at will...



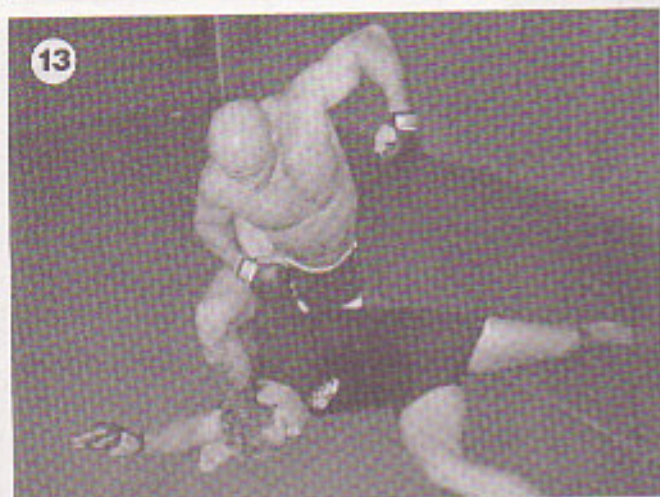
...to all available targets.



This is how it looks from the side.



If you sit up straight, you can create some important distance.



13 The distance gives you striking power.



14 Strike to the head.



1 Begin in the top side mount position.



2 Your left hand grabs his right triceps from underneath, lean your elbow on his chest.



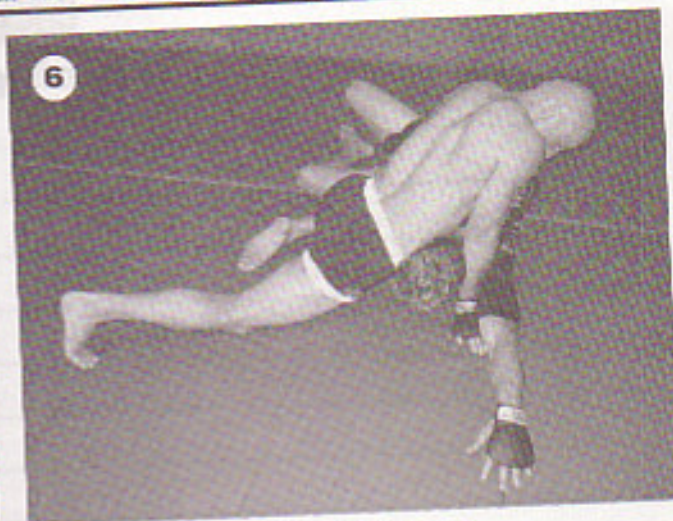
3 Pull him to you.



4 Go behind his neck with your right arm...



...and post you right hand on the ground, under his armpit.



Hold him tight and...



...with your right leg, ready a knee strike.



Drive your knee down and into his face.



Or, another technique...
Knee into the chest or solar plexus area



Without hesitation, attack whatever vulnerable area is open.

Training Notes

Chapter 19

Ground Strikes From Under The Side Mount Position



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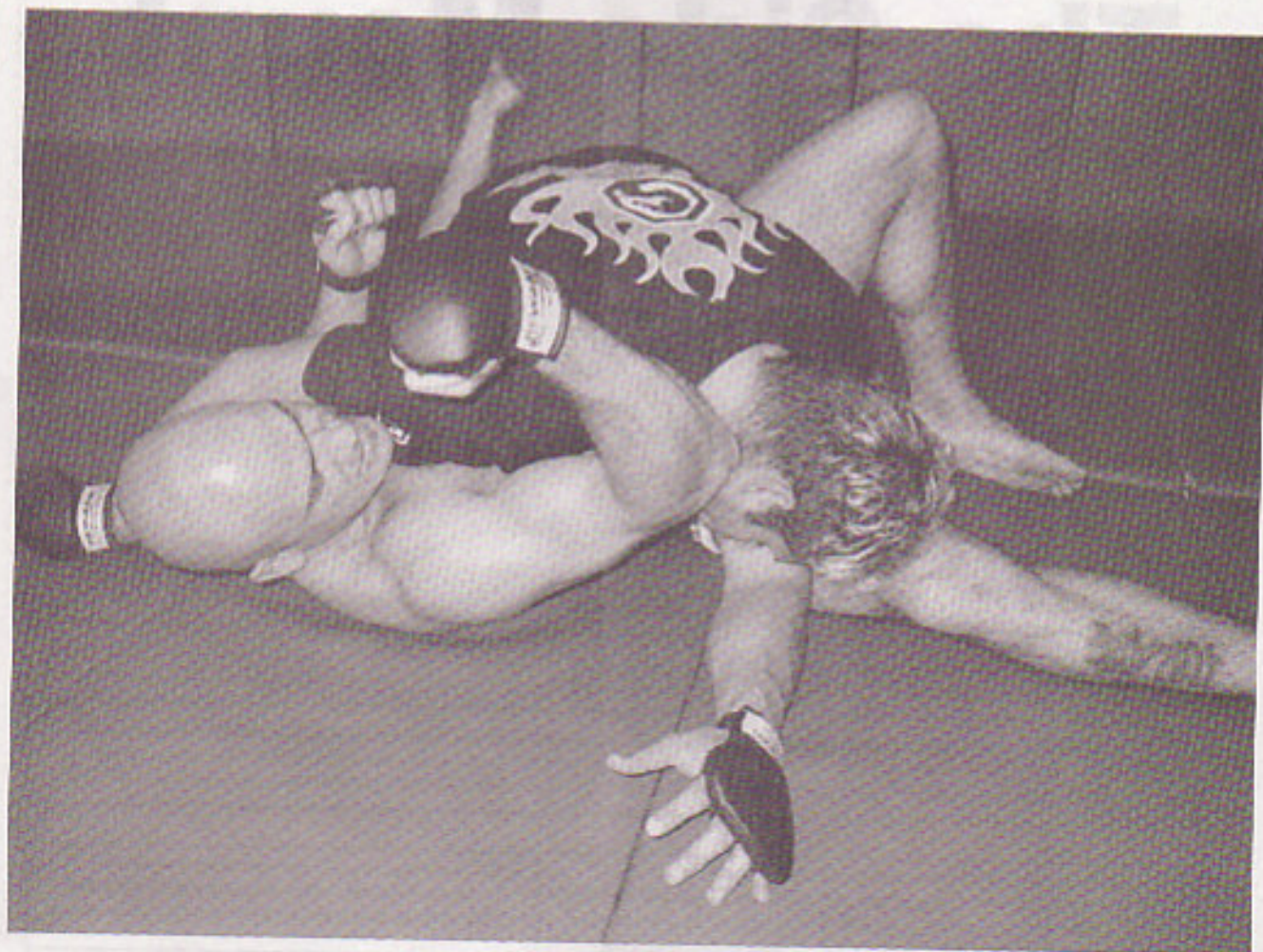
Ground Strikes From Under The Side Mount Position

There are two sides to every coin and at least two ways to look at any fight. In the last chapter we dealt out all the damage while side mounted on top of our opponent. Now let's literally turn the tables.

Put yourself underneath your partner. Are you scared yet? Good! But seriously, there are still some good things that you can do from this position. I even used them in my UFC fights and they worked.

Always keep striking. The elbow and the knee can really be annoying weapons to your opponent while you are in this (bottom) position. If you lay idle for too long, you may have to fight off a keylock!

Trust me, this is not the end of the world being in this position. There are several ways you can make the guy on top very miserable. Let's have a look.





Although I'm under his side mount position, he is open to a variety of deadly strikes.



First, lift his head up with your arm...



...and extend your outside leg as you prepare a...



...knee strike into the side of his face or head.



When he attempts strikes to your body...



...the moment he lifts his arm...



7
...you again deliver
a knee strike to the head.



8
Another striking techniques is...



9
...to push his head away
with your outside arm...



10
...and down with your fist.



11
Now push your right fist against
his neck to hold him there.



12
Follow with a right elbow strike
to the area below his ear.

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The following technique needs to be done in one move.



Take your left hand...



...and go under his belly to make some space.



Drive your left leg back...



...then strike forward, with the top of your left knee, into the side of his body.



This time go with your right hand under his armpit...



...like this...



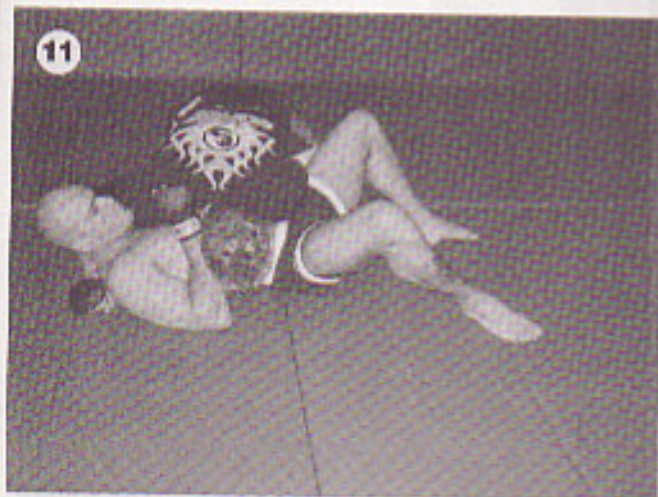
...hooking your right hand under his left armpit...



Push him to the left and create some distance to extend your right leg.



Drive your right knee into the side of his body numerous times until you escape or he quits.



In this position push...



...your opponents head down with your right hand...



At the same time, raise your right leg high behind your opponents head and neck.



Bring your right leg down around his head.



Hook your foot under your left knee and squeeze tight so he can't move or escape.



With him helpless in this position, start elbowing to any open targets...



...like the ribs, kidneys, and liver.

Training Notes

Training Notes

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Chapter 20

Ground Strikes From In The Guard Position



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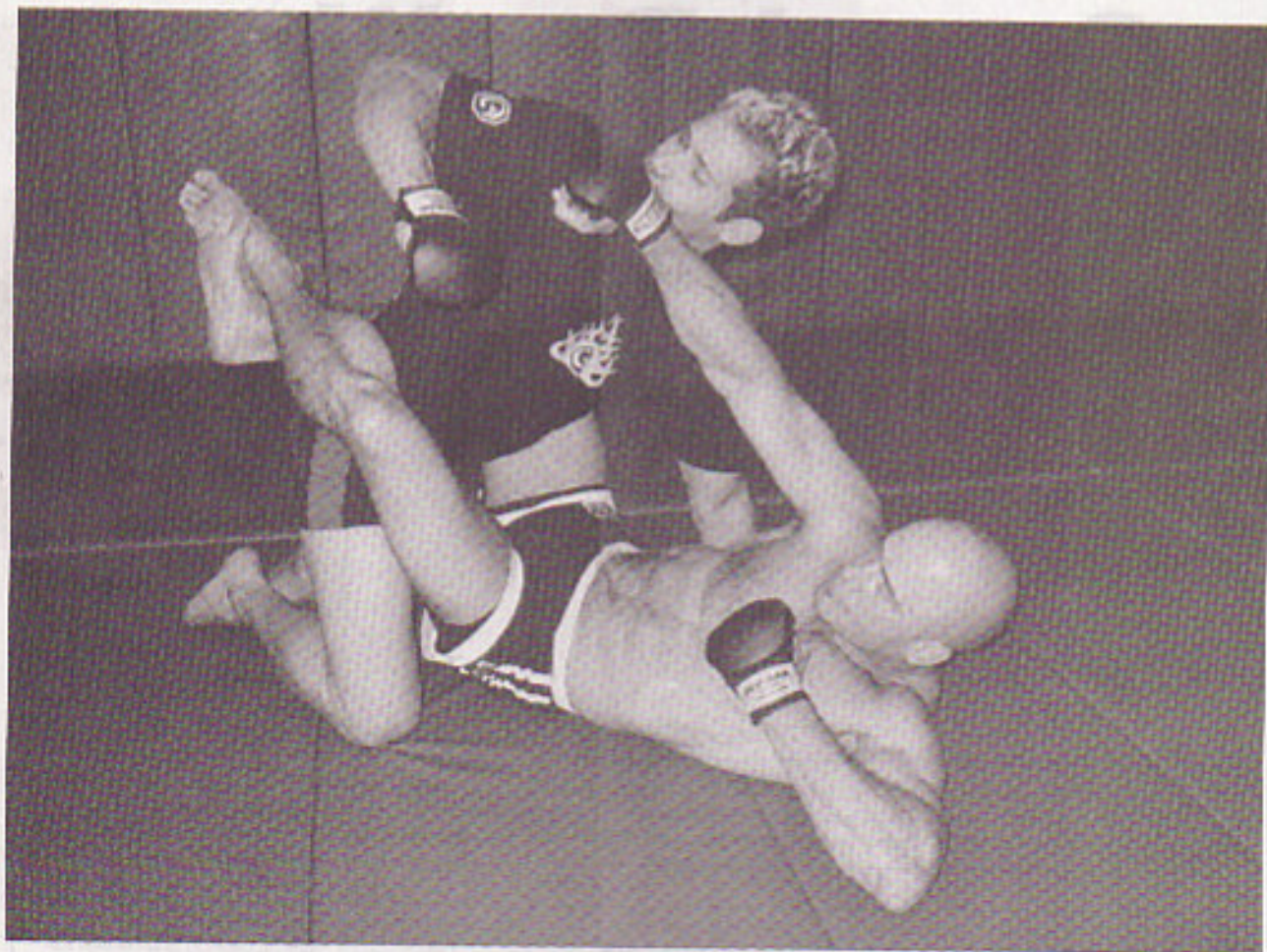
Strikes From the Guard

The guard is not just for setting up submissions. You can do a lot of good work in this position, with strikes also. I am proud to say that I came up with an effective technique to hurt an opponent while striking from my guard.

Basically I do this by skipping my hips to the side and squeezing him tight in a scissor lock. Then I attack the opponent with elbows to the head and knees to his jaw.

I made it up a week before my fight against Kevin Randleman (USA) for the UFC heavyweight title. I think that if I would have found this move out sooner, I could have done much more damage with it. I split his head open with the elbows and even hit him hard in the head with a knee from the same position.

Now I have improved it down to a science. So if you pay attention, you can do the same thing.





1
Opponent is my guard position.



2
The first strike is to pull your arms back, with hands held tightly together...



3
...and with both hands clasped, strike down hard to the top of his head.



4
This is followed with a...



5
...pointed elbow strike to the collar bone.



6
With your right hand...



...deliver a right hook punch to the head.



Follow that with a palm strike...



...to the head.



Next a left hook body shot...



...to the ribs or kidneys.



And finish the sequence...



...with a left hook to the head.



Pay close attention to this sequence.



Open your guard and post your right foot on the floor.



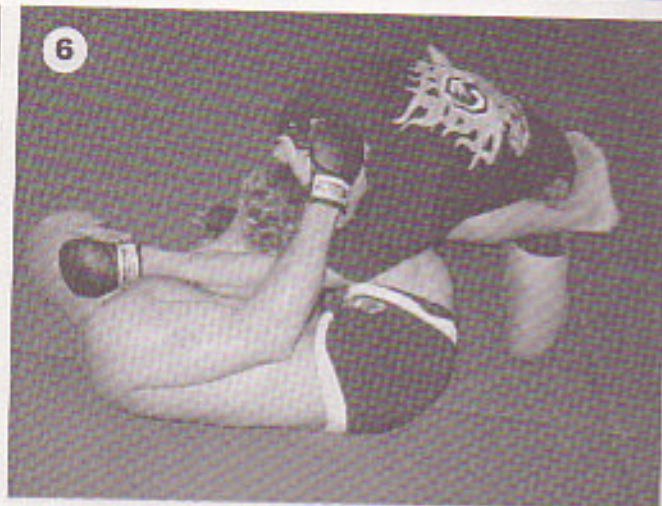
Turn your hips out to the right.



Keep holding his head...



...and with your legs, squeeze his body.



From this position, stretch your legs so you can create some striking distance.



You now have enough room to execute powerful...



...elbow strikes to the head.



Followed by...



...hook punches.



And of course...



...palm heel strikes to the head, which are some of my favorites.



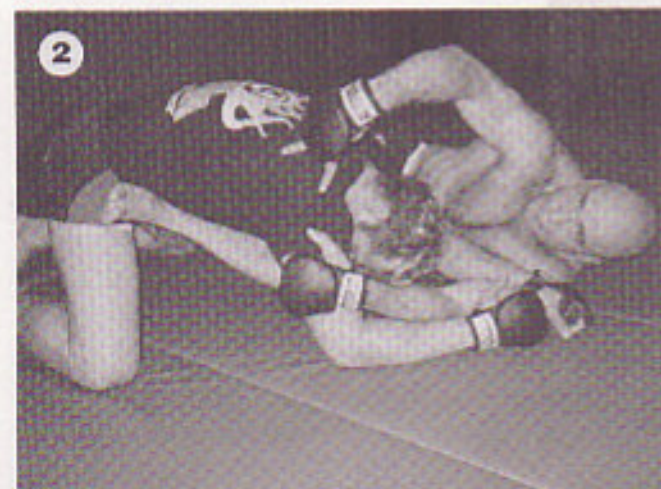
Finish the sequence with a pointed elbow strike to the top of your opponent's head...



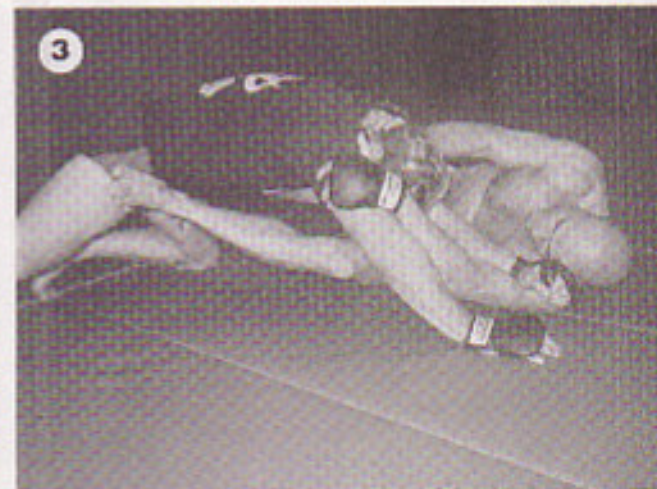
...for the knockout. Never hit with only one strike, always strike with many fast hits. The strikes, although short, are powerful.



Continuing in the same position, watch the left foot.



Your left foot is placed on his hip, as you hold his right triceps with your left hand.



Push him away with your left leg to create distance.



You now have the room...



...to knee him in the body.



Another good technique, cross face your opponent with your right hand.



Following with a left punch to the face or visa versa.



Look here in this position, he is squeezed between your legs.



Hold his head in place with both hands.



10
Knee him under the jaw. An excellent knock-out move when someone is in your guard.



1
As I perform this technique watch my hips.



2
Push your hip out to the right to create more distance.



3
From here, stretch your right leg out wide.



4
With the heel of your right foot, drive down hard into your opponent's kidney area.



5
Or...



...strike hard into his thigh muscle.



Another option is to strike down with your heel...



...into the calf muscle, which is a very painful area when hit with force.



Another excellent technique is to bring your right leg out...



...and right knee the ribs for the finish.

Training Notes

1



With your opponent in your guard...

2



...slide your right hand under his left arm.

3



Your right arm is now free to strike.

4



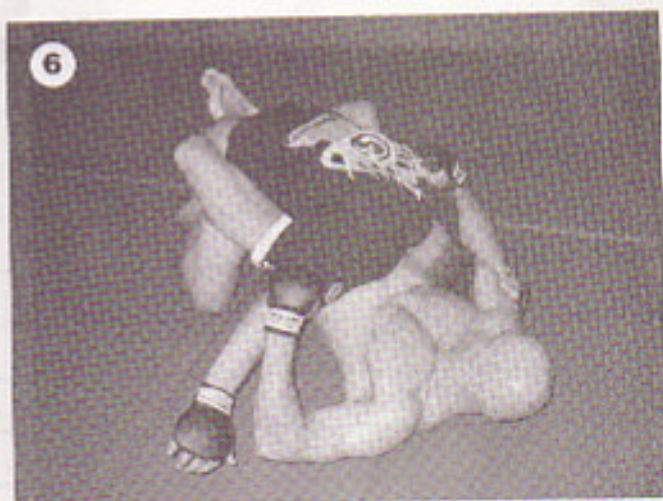
Now close your legs and if his head is on the left...

5



...palm strike him with your right hand.

6



If his head is on your right...



...strike with your left arm...



...hitting him in the head
with your left palm heel.



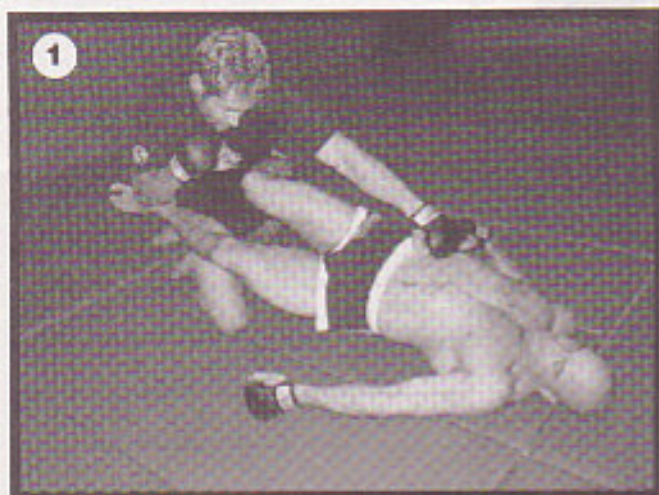
If the head is open...



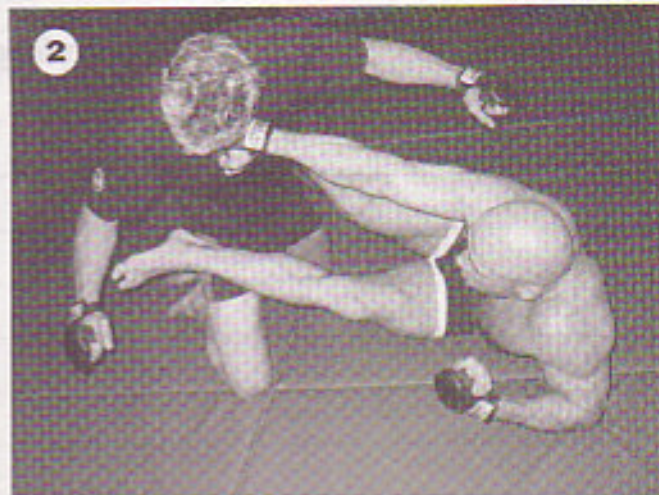
...deliver an elbow strike
to the top of his head.

Training Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



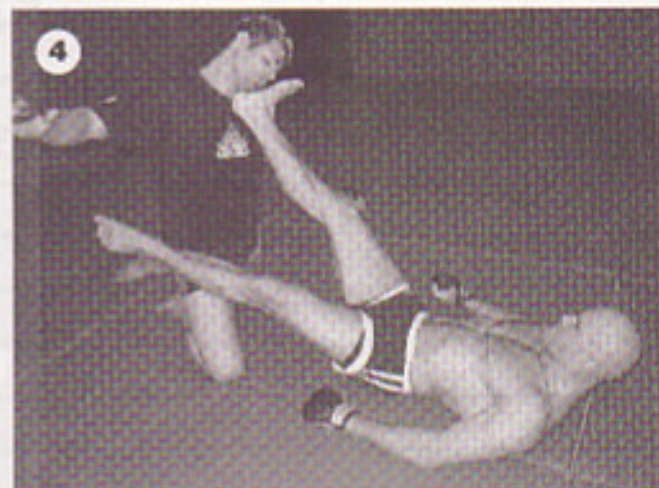
To create distance, you can also lean back and trap him between your legs.



Following up with a right hand straight punch to the jaw.



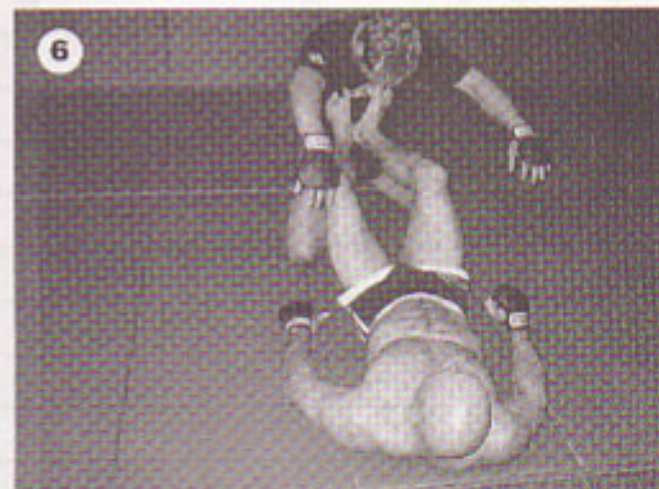
If he breaks from your guard and tries to attack while you are still on your back...



...kick to his head with your heel.



If he keeps coming, bring both legs in...



...and double heel kick him to the chest.

Training Notes

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Chapter 21

Ground Strikes

From The

Bottom Position

Ground Strikes From The Bottom Position (While Mounted By Your Opponent)

This one is difficult, but you can still do things to survive and then to win! If you don't want him to hit you when he is mounted on top of you, just bridge up as high as you can by bucking your hips upward, over and over again. Do this a lot so that he constantly has to struggle for balance. This way he can't strike accurately, or with much power.

Believe it or not you can also use head movement to avoid some of his strikes while you are mounted. And, if he misses your head and hits the floor, he could injure himself.

But realistically, I would escape the mount as fast as I could. It is just not good to be there. You are a sitting duck. The law of gravity is working for him and against you.

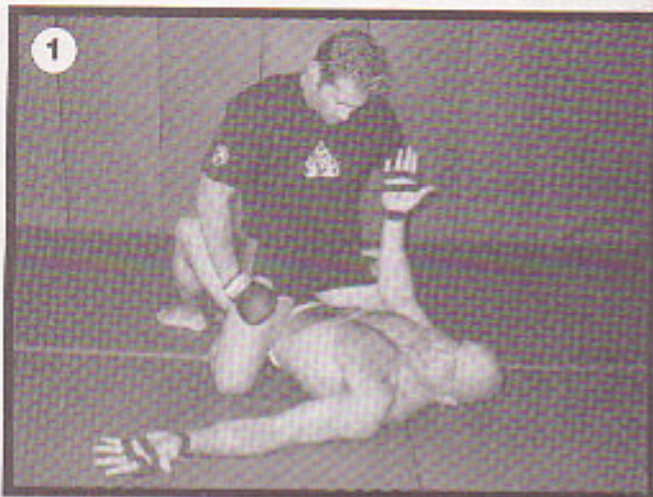
Plus, it is easy to escape the mount!



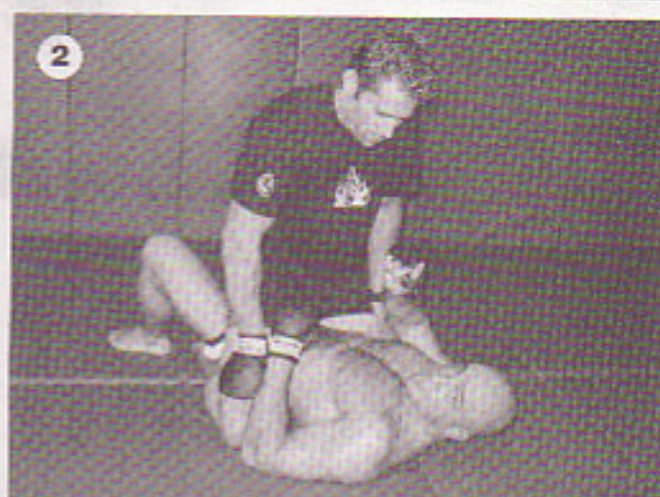
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1
If you're in this position, first try to escape it. (I show you how in Big Book Volume 2)



2
If you choose to stay in this position...



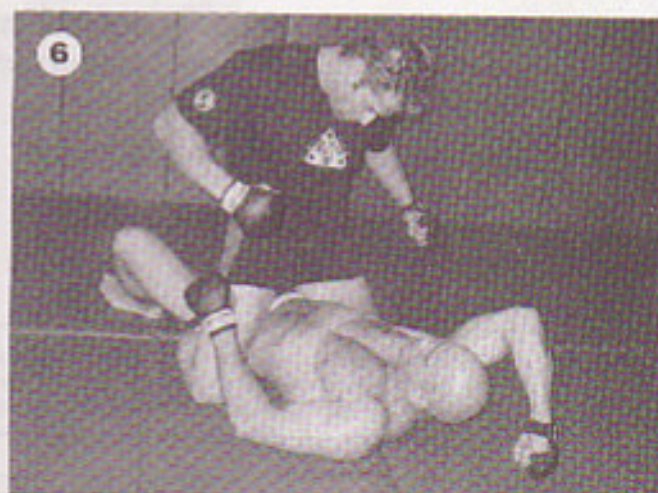
3
...disrupt his balance by bridging up with explosive power any time he tries to punch.



4
The bridging causes him to have to find his balance.



5
Some excellent striking points from this position include...



6
...an elbow strike to his groin muscle or tendon.



Strike down hard with the point of the elbow into the target.



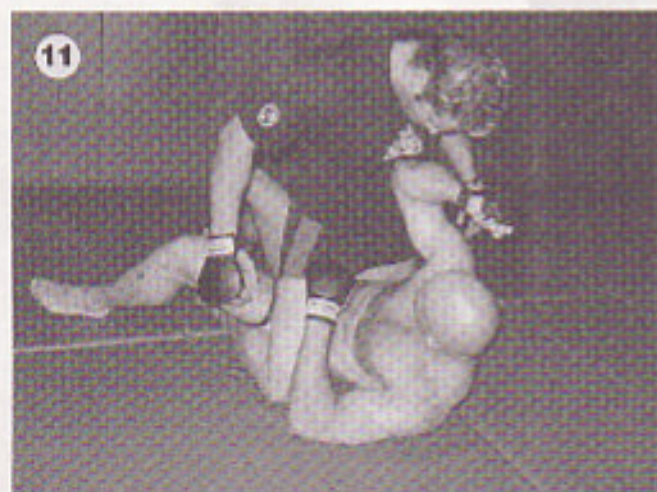
Another painful area to hit with the pointed elbow strike...



...is the upper leg muscle.



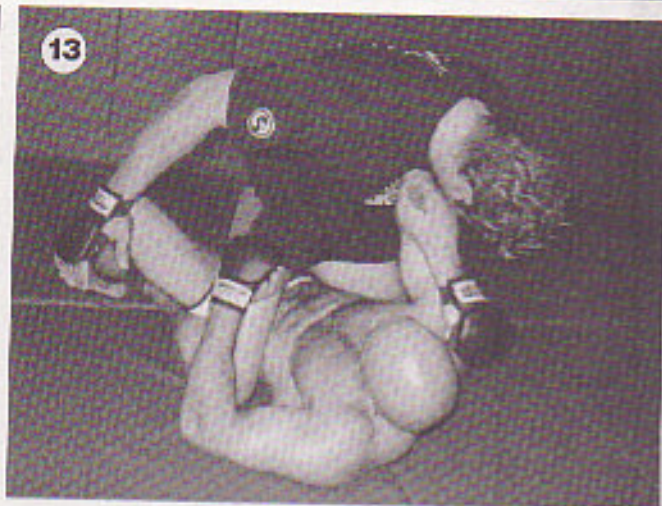
A closed fist strike to the face is good, but if he rises up you may not be able to reach him.



If that happens, go to the body with elbows to the solar plexus.

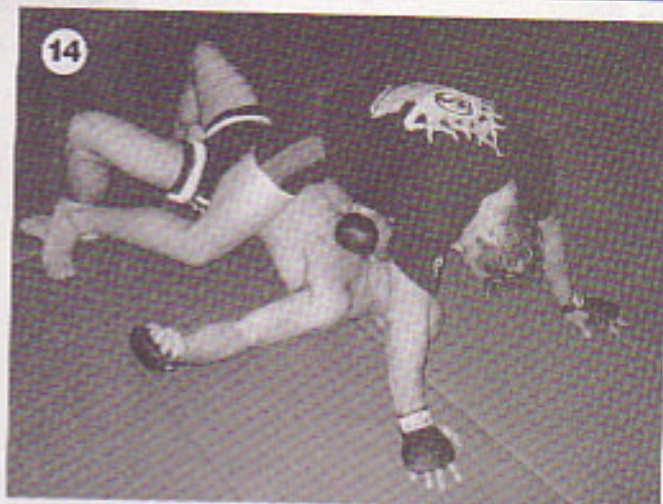


This will bring him forward so you can reach his head with open palm strikes to the jaw.



13

Pointed elbow strikes to the top of his chest are very painful.



14

If he posts his hands forward...



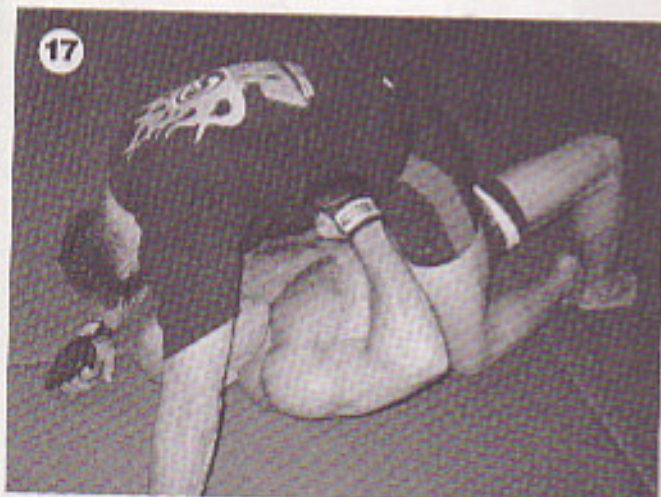
15

...his body is wide open for short hook punches to the liver.



16

He is also open for...



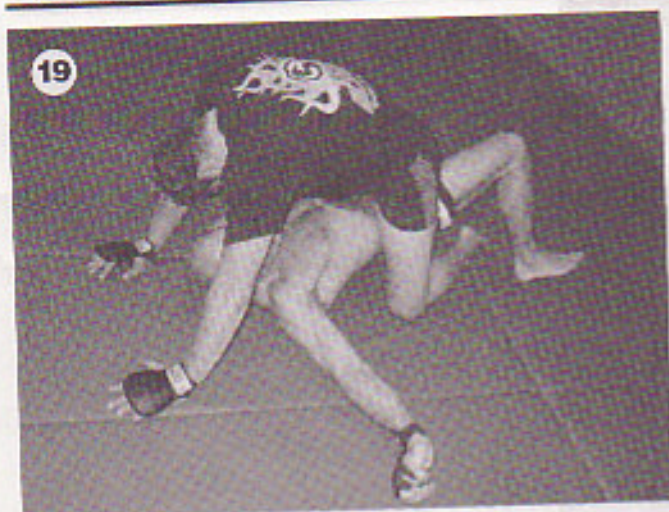
17

...a series of short hook punches to the rib cage.



18

With the sharp bone area of your wrist...



19

...you can also strike...



20

...his floating ribs with a series of these very effective strikes.



1

When he lays down and holds you like this...



2

...you have two main targets.



3

One is a hook punch...



4

...to the side of the head.



The other is to strike with your wrist bone into the open kidney area.



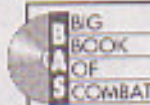
As you can see, no matter what position you are in, there is always an open target to hit. It is best, though, to escape this situation.

Training Notes

Lined area for training notes.

Chapter 22

Ground Strikes With Opponent In Turtle Position



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Ground Strikes With Opponent In Turtle Position

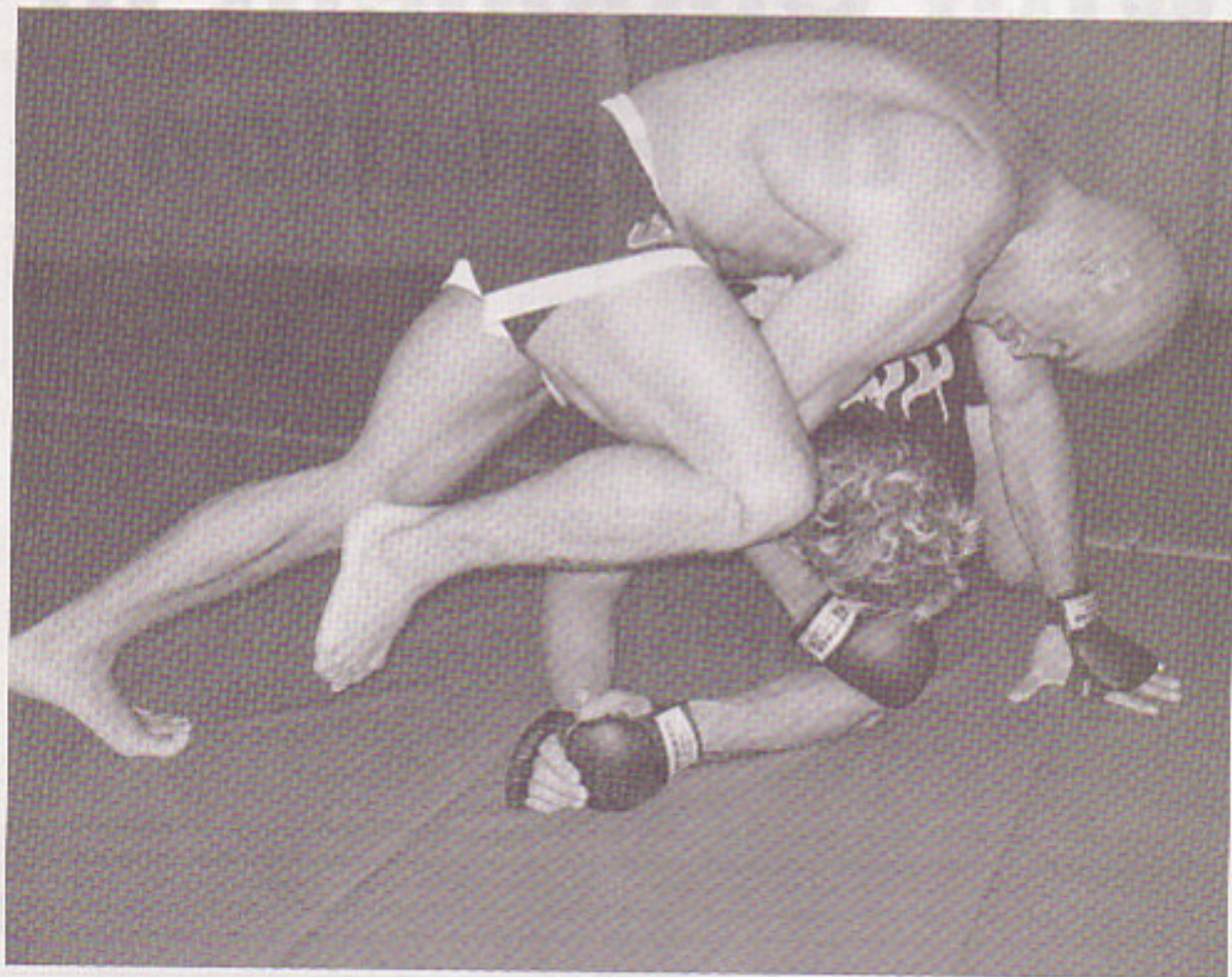
Man, pictures speak louder than words.

You're going to love it when your opponent does this! That means... **Never** go into this position.

You can't see anything coming, and like I told you already many times before, **keep your eyes on your opponent at all times!**

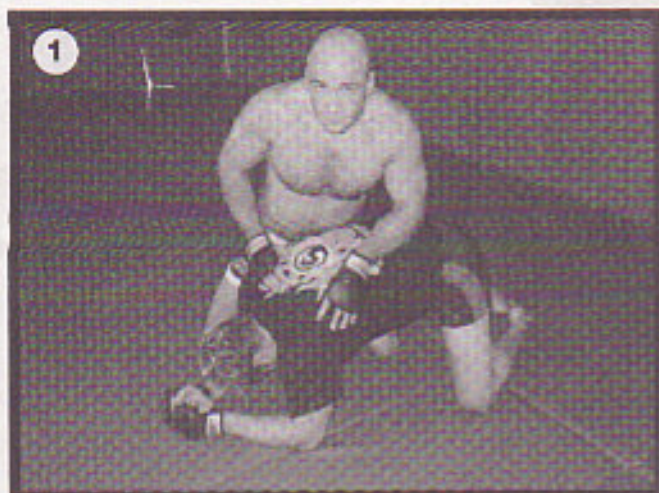
The turtle position works great when you are just straight grappling with no strikes. But if you can punch, elbow, kick and knee (like in a real fight) this position can be a nightmare.

Sometimes when a person turtles up in means they have run out of options and could be close to giving up. Help them along with the strikes in the upcoming photos.



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When your opponent is on all fours and you have his back, you have the advantage.



Begin by executing one of my favorite techniques, a palm heel strike.



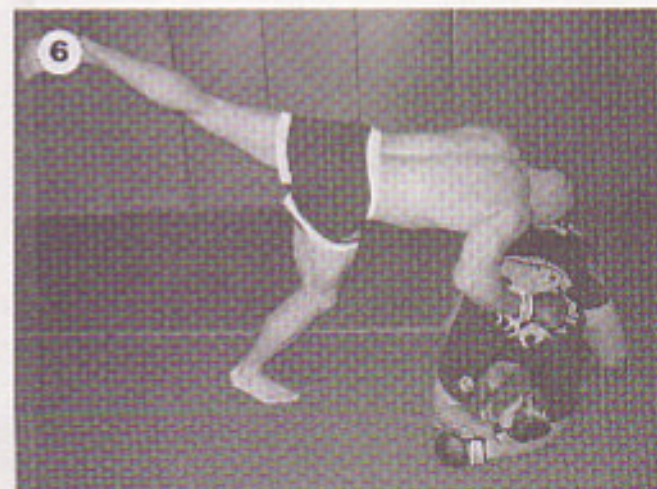
Palm heel strike the back of his head.



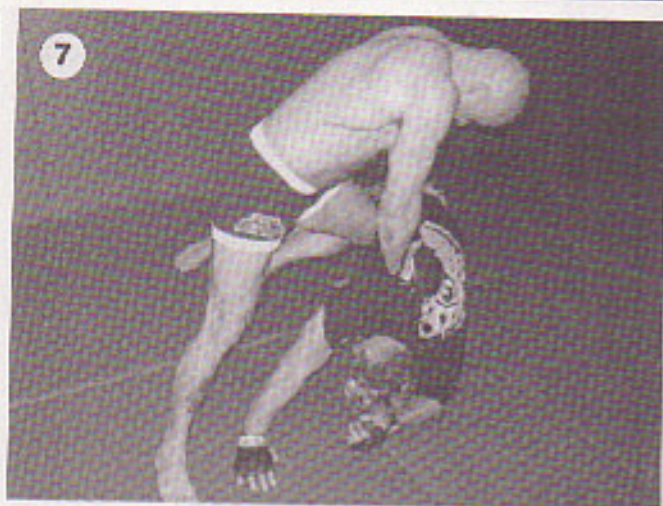
Another great strike is elbow techniques.



Targets for pointed elbow strikes include the rib cage and kidneys.



Knee attacks are directed to the side of the body.



Targets for knee attacks include the kidneys and rib cage.



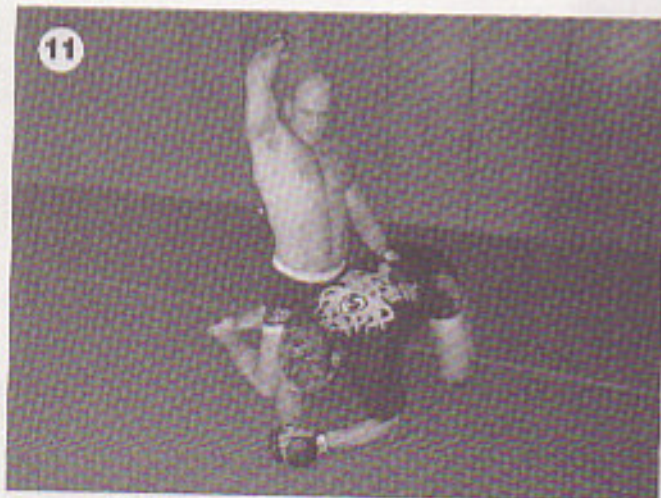
More knee targets include...



...the head and face area. Good for quickly taking out your opponent.



Another weapon is the hammer wrist strike.



With the hammer wrist strike...



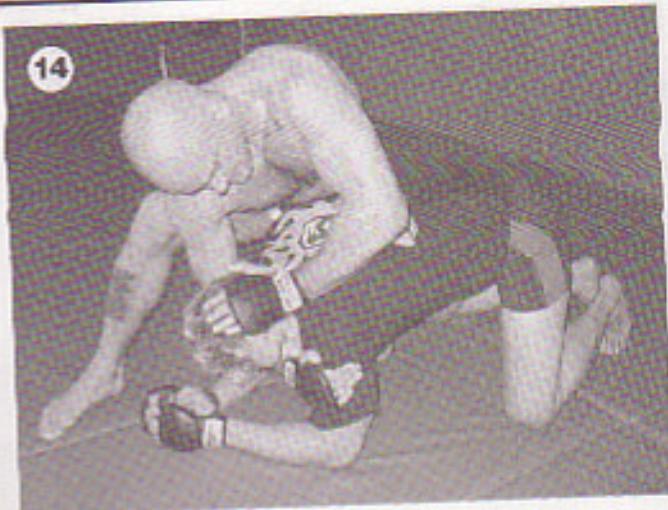
...hit to the side of the head, using your wrist bone.

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You can also cross face your opponent with your right arm...



...in combination with an open palm strike to his head.



With the cross face still in position, execute a...

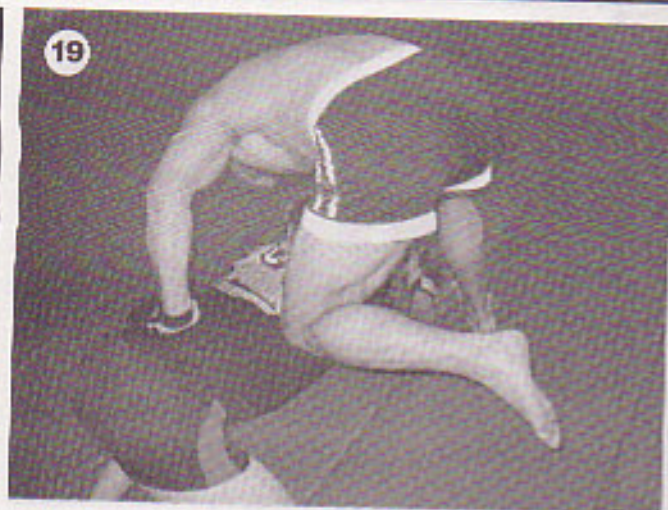


...right knee strike to the head, immediately followed with...

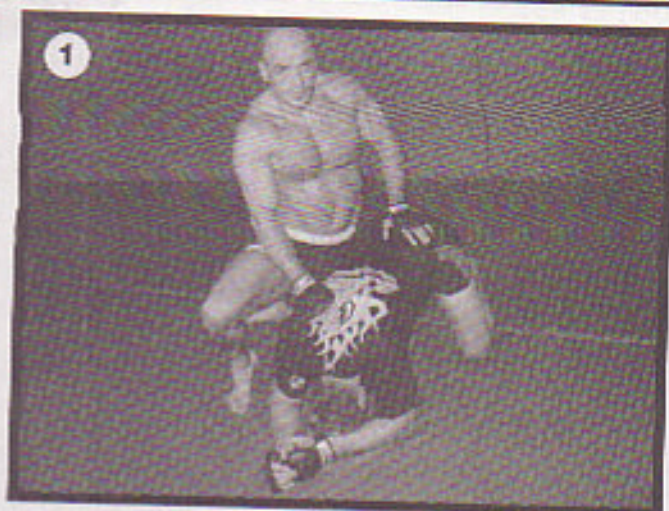


...a left knee to the body.

Training Notes



19
A devastating strike that is sure to end any fight.



1
From this position you can also...



2
...stand up and execute....



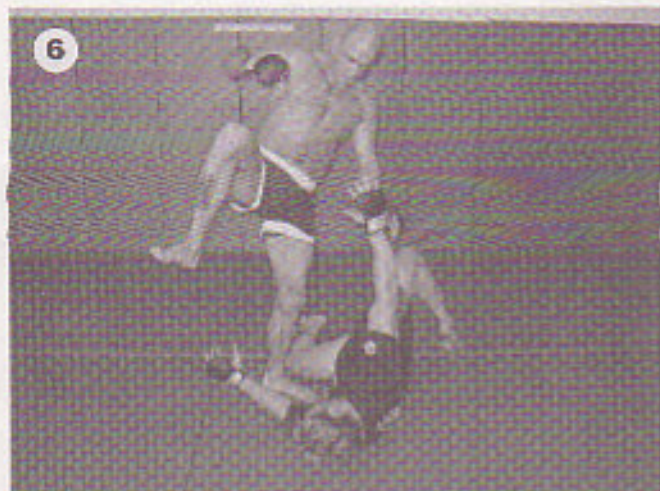
3
...a multitude of powerful kicks to the body.



4
Kicking with both legs...



5
...make contact with the instep...



...followed by devastating heel stomps...



...to the head and body, for the finish.



Some other techniques to use.



Stand up and...



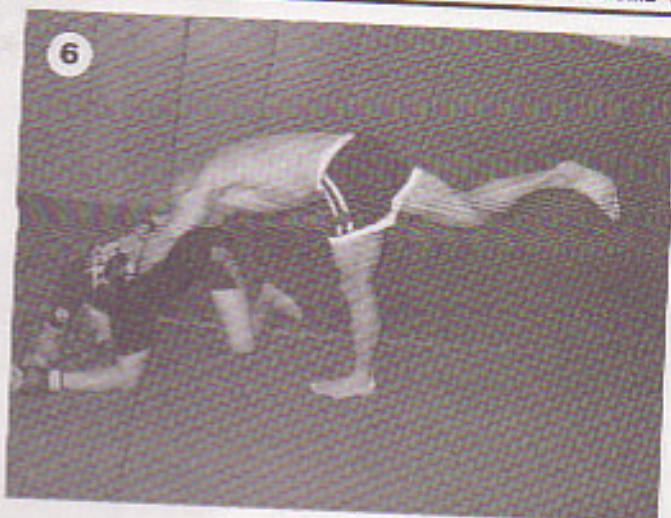
...drop the top of your shin bone ...



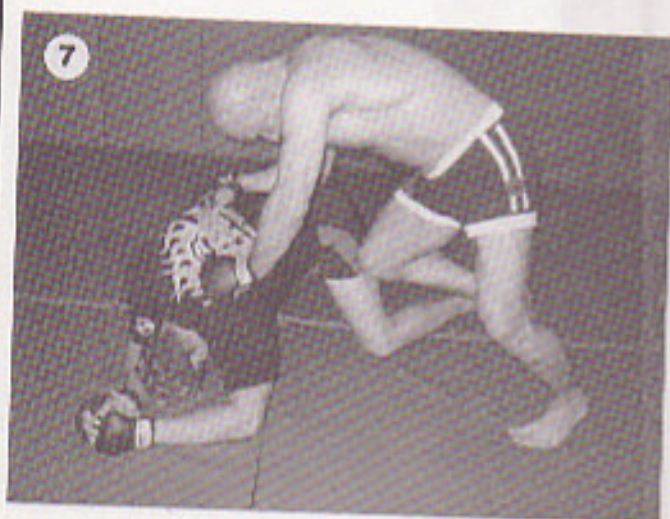
...onto his Achilles heel.
Drop with all of your body weight.



Another technique...



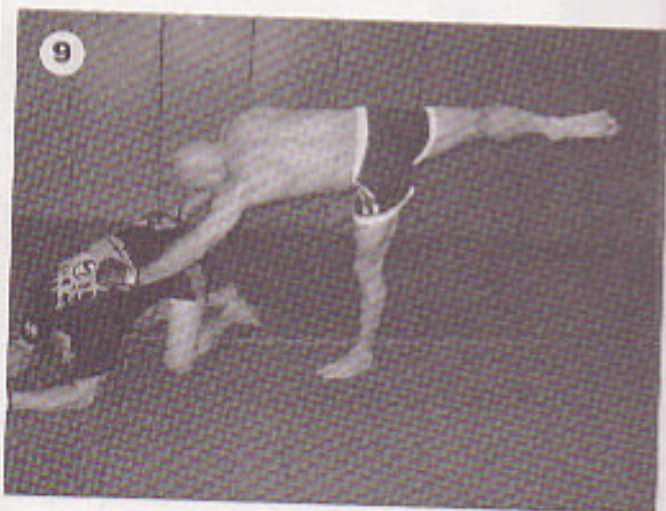
...is to knee strike...



...into the upper thigh muscle.



You can also do some damage...



...with powerful knee strikes...



...to the butt, which is very painful.



Another strike is the roundhouse kick...



...to the back of the leg or hamstring.



**You're on his back. Put your heel hooks in.
Your first target is the side of his head.**



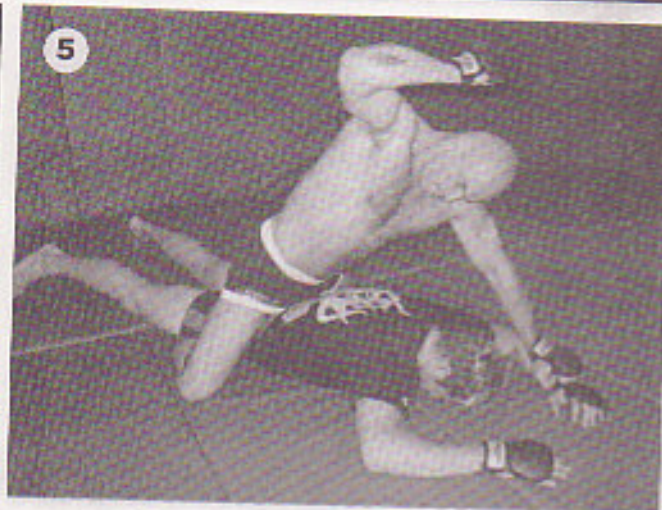
Strike with your pointed elbow down...



...into the target area.



Impact from a different angle.



Another techniques is to...



...elbow strike into the trapezius muscle, which inflicts tremendous pain.



With your closed fist, you can strike...



...his ribs and kidney area.



One of my favorites is to put your hands together like this.



Strike down hard onto the top of his head.

Chapter 23

Kicking From The Ground Position



Note: For further detailed explanations of the techniques and exercises demonstrated in this chapter, please refer to Mr. Rutten's audio CD's that accompany this book. If you do not have the Big Book of Combat CD's, they can be purchased online at www.masterfighter.net or by calling toll-free 1-800-517-7445. Outside the U.S.A. call 1-949-493-1428.



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Kicks To A Standing Opponent When You Are On The Ground

You're on your back. Your opponent escapes from your guard and stands up, but leans over you with his hands down. What should you do? Knock him out with a kick to the head, that's what. There have been several classic examples of this: Renzo Gracie (Brazil) took out Oleg Taktarov (Russia) with this kick. So did Murilo Bustamante (Brazil) when he stopped Jerry Bohlander (USA).

And one of the greatest showcase for different ways to kick your opponent when he is standing and you're on your back is when Allan Goes (Brazil) fought Kazushi Sakuraba (Japan). Allan kicked to the legs, to the body and even to the head! It was beautiful to watch and a real eye opener.

The thing is, you can generate maximum power when you thrust a kick straight up at your opponent's head while you are lying on your back because you have the whole earth behind you!

You never know when you are going to be in this position so be prepared!





We saw this in Chapter 15, but let's review it here. You are down on your back and he is standing over you.



Twist to the left and kick to his...



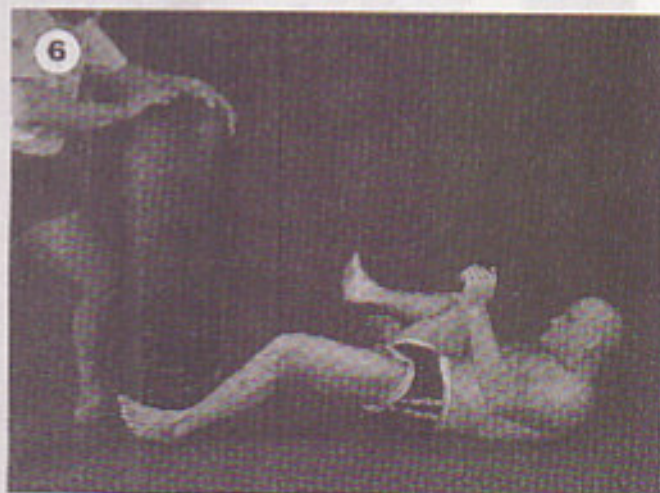
...calf or knee...



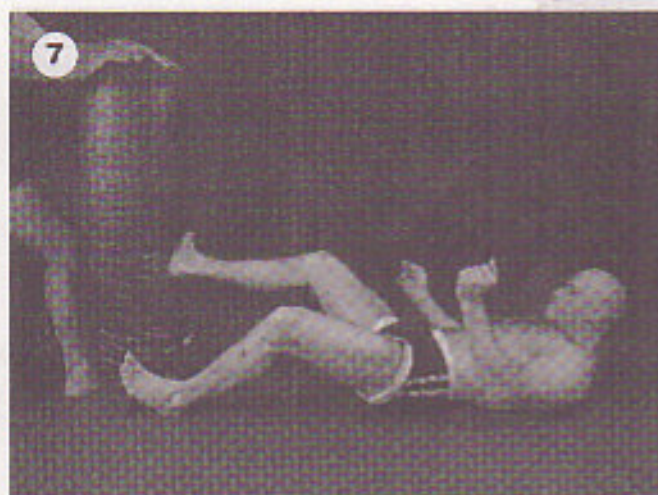
...or his thighs...



...anywhere on his body. Even the head!



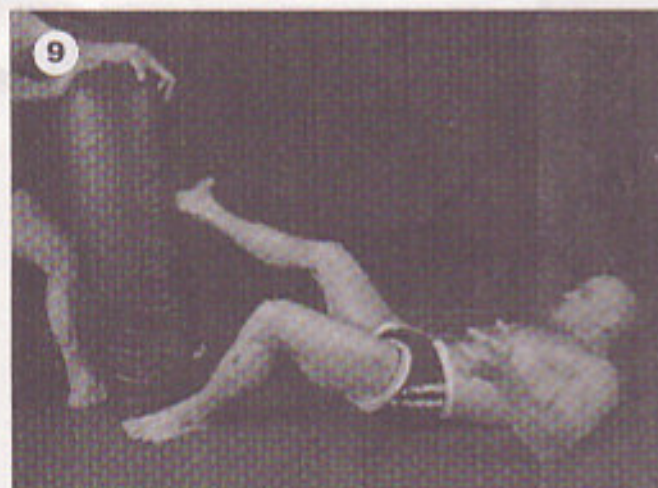
Front kick...



...to his knee...



or front heel kick...



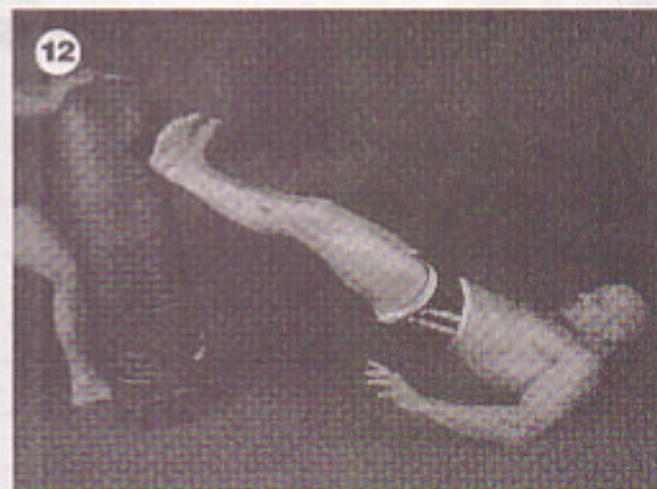
...his thighs...



...his body, or his head.



Double front kick...



...to the body or head.



Of course you can do the same moves by twisting to the right.



Kick to his calf...



...kick his body...

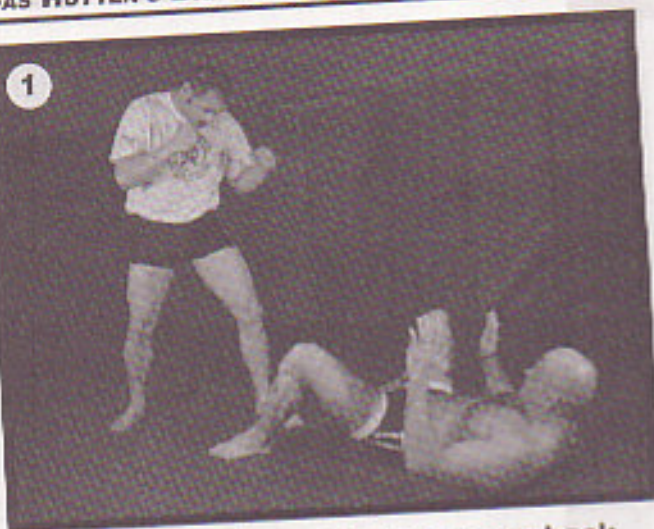


...or kick up to the head.

Training Notes

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1
In this situation you are on your back with your opponent standing over you.



2
Swing to your left side to create momentum...



3
Hit with a low roundhouse kick to his calf.



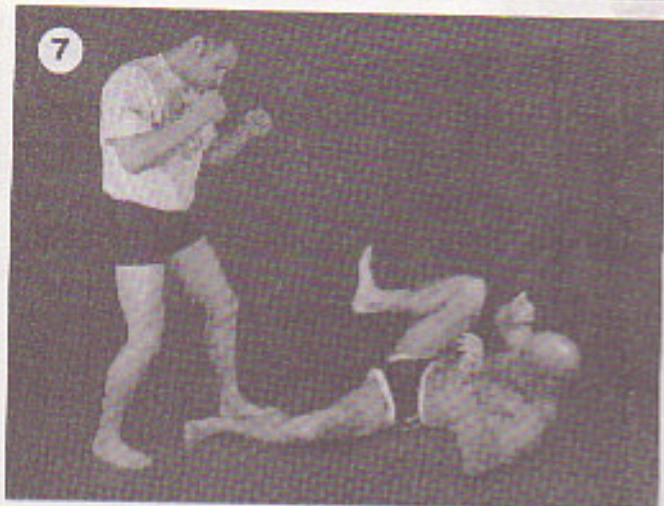
4
Another target to strike is his thigh.



5
Using your arms to push off the ground, kick higher to the ribs.



6
If you have the flexibility, the head is also a good target to hit.



Another technique is the straight heel kick.
Pull your right leg back...



...strike his knee with your heel, like this.



The solar plexus is a great area
for knocking the wind out of him.



Again, if you are flexible enough,
go for the head, hitting under the jaw.

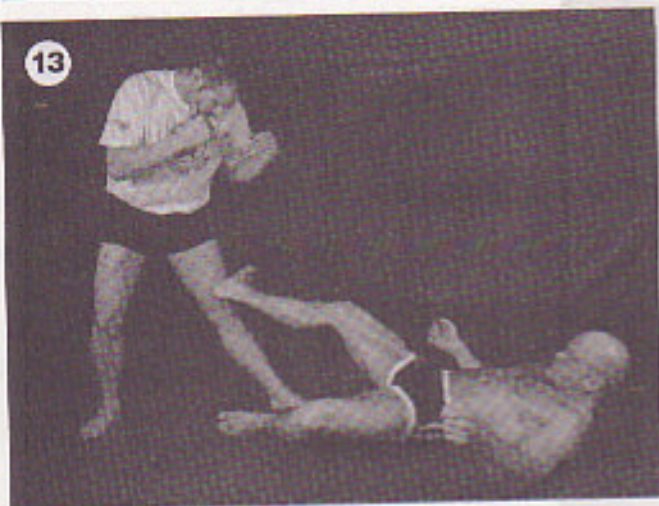


Now when his leg is
90° straight like this...



...pull your kicking leg back.

13



Kick into his knee by turning your foot to the right and hitting with the heel.

14



Or again, kick high...

15



...striking up into the jaw with your heel.

16



Now when in this position, he may try to grab your leg.

17



When he does grab, immediately counter with the other leg...

18



...like this, kicking high to his head.

19



Kicks to the body will do. Go for whatever targets are open and are easiest to hit.

20



Don't forget, you can simply kick his hand in order to free your leg.

21



Now this is an important technique for getting up off the ground.

22



Turn to the side, up on your right hand.

23

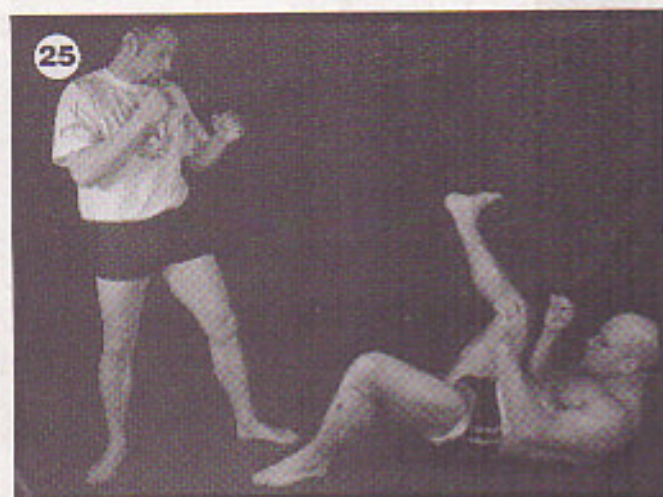


Kick his right leg to stop his advance and jump up off your left foot....

24



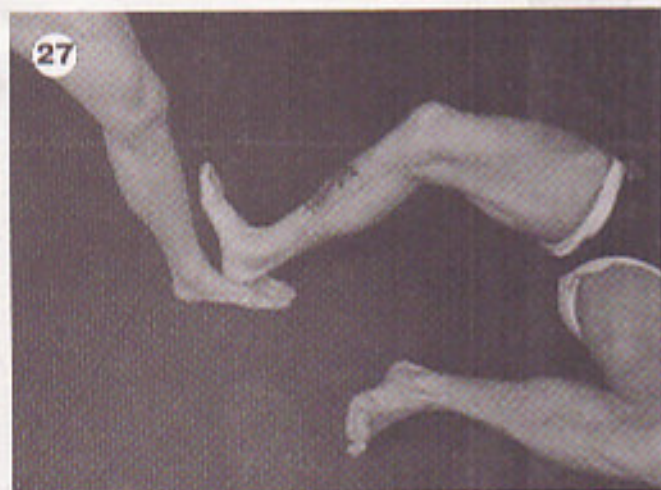
...jumping into a fighting stance.



Heel stomps are also good for defending from the ground.



Drive your heel down hard on the top of his front foot.



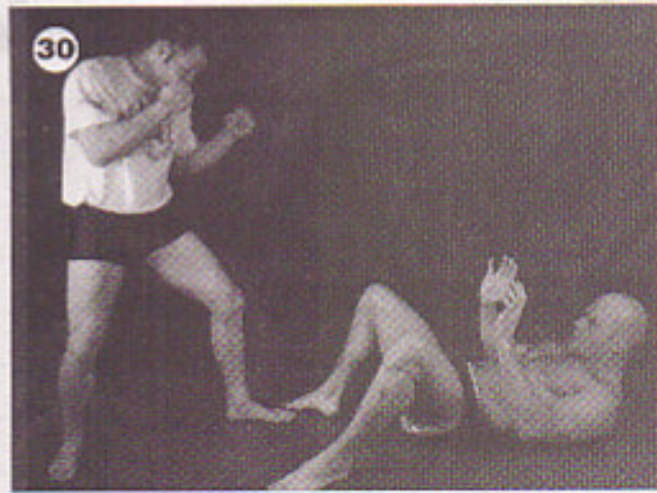
It should look like this.



How about a double mule kick into his chest. Bring the knees in.



Explode up off your arms, kicking into his chest.



Then repeat the kicking sequences with your other leg.



Now swing to the right side.



Low roundhouse kick to the calve muscle.



Roundhouse to the inside of his thigh, etc., working up the body to all target areas.

Training Notes

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Chapter 24

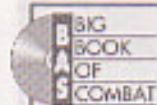
Takedowns

and

Defending

Against

Takedowns



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Takedowns And Defending Against Takedowns

Although I am not known as a take down artist, I am really getting into it and as a result am get better and better at it. I love takedowns and the little things that you can do to achieve them.

Takedowns are very important to know, especially when you are a **ground fighter**. Take for instance the fight between Royce Gracie and Kazushi Sakuraba. Royce's main style is Jiu Jitsu. Meaning he's great at ground fighting and going for submission holds. Well, in that fight, he couldn't take Sakuraba down which became the reason that he was defeated. Sakuraba kept kicking his legs and didn't go to the ground unless he wanted to. Royce had to stop because he couldn't walk anymore.

I wished that they had wrestling in Holland like they have here in the States because then I would have been better at it. In Holland you don't have many wrestling schools and certainly do not have it in college.

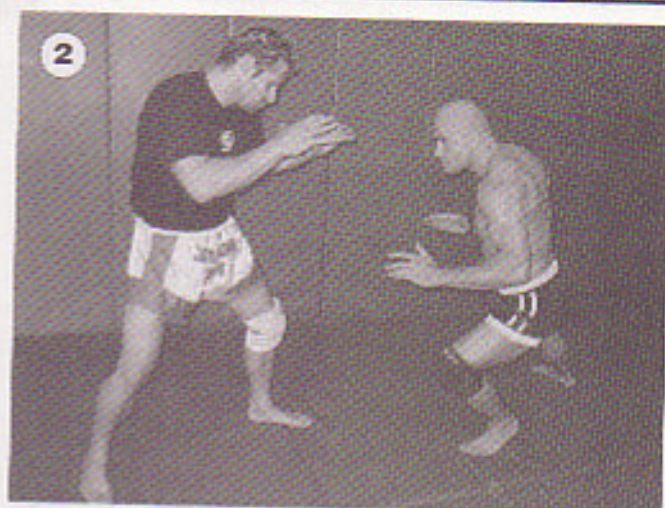
Defending against takedowns is also of equal importance. **ESPECIALLY** when you are a **striker**. You want to keep the fight on your feet. Look at Jens Pulver, he's got great hands, his kicks are getting better all the time and he is very hard to take down. If he were to fight someone who is a superior striker, like K-1 level, he would simply take him down because Jens is also a very good wrestler. This gives him a complete set of tools to win a fight whatever way he chooses.

You see, if you know how to wrestle and you know how to strike and ground fight **you have many options!** Learn takedowns and the defense against takedowns. They are a must!

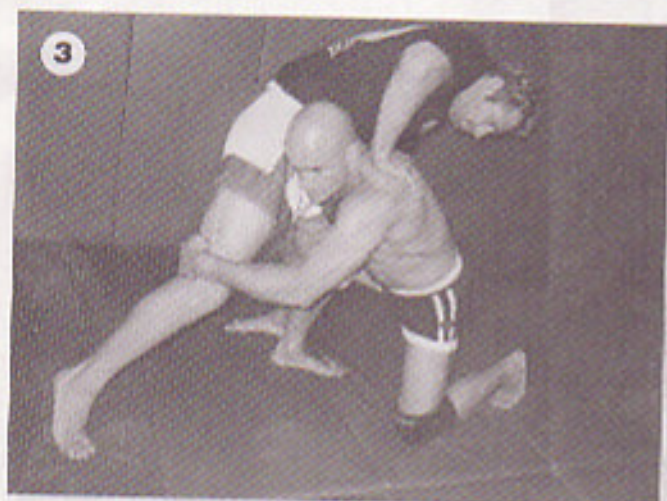




Double Leg Takedown:
Ready position.



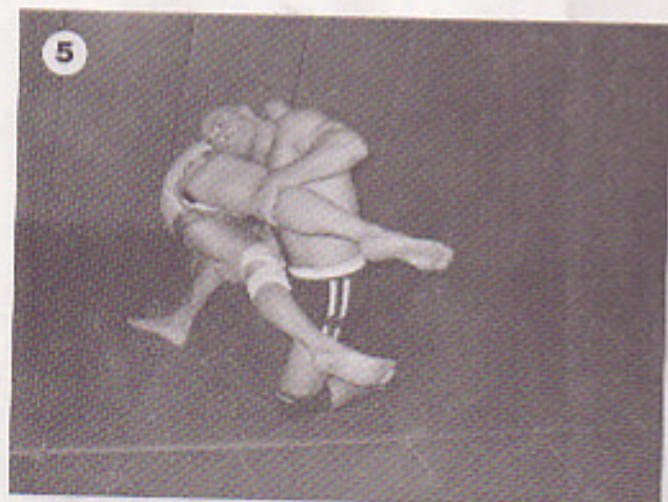
Drop low on your left knee.



Shoot in, grabbing both legs and putting your head on his right hip.



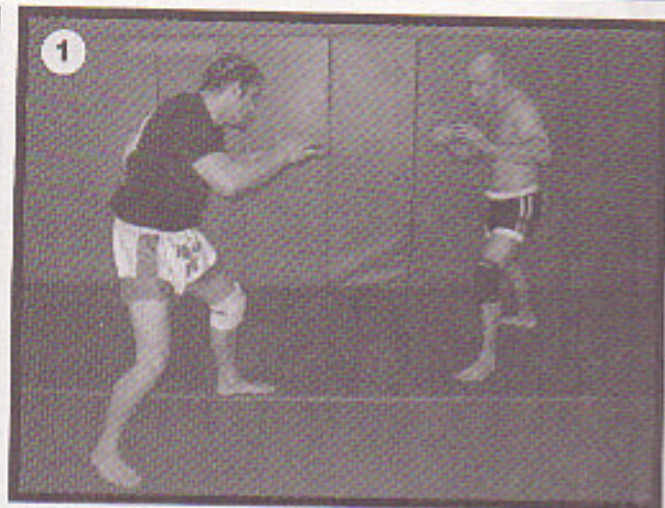
Push him with your head and shoulder toward the right, as you pull his legs in.



Turn him on his back...



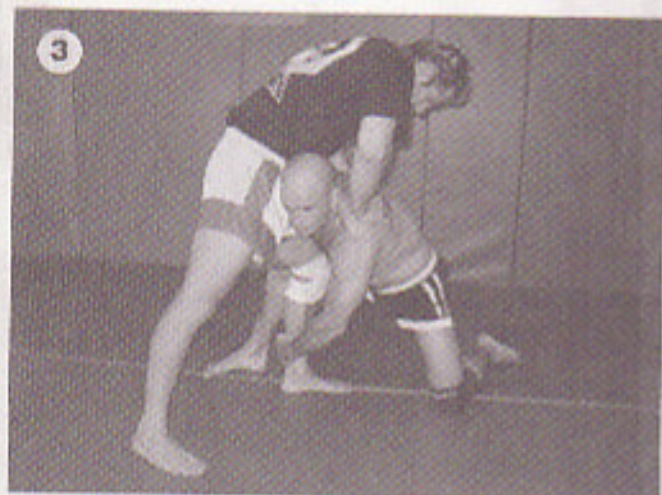
...landing on him in the side mount position.



Single Leg Takedown:
Ready position.



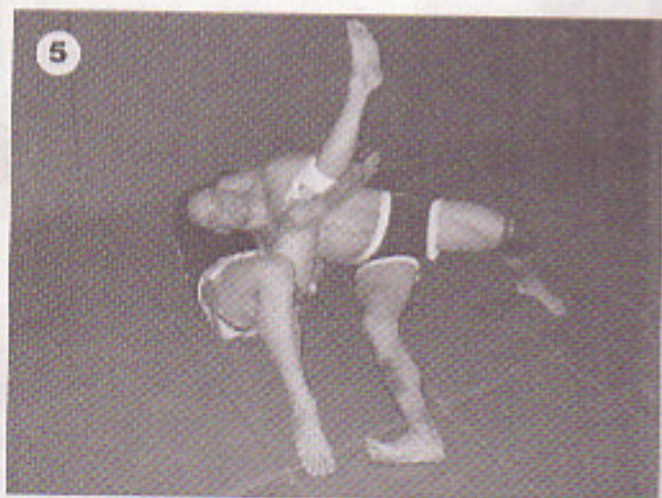
Shoot in low with your right leg,
grabbing his left leg with both hands.



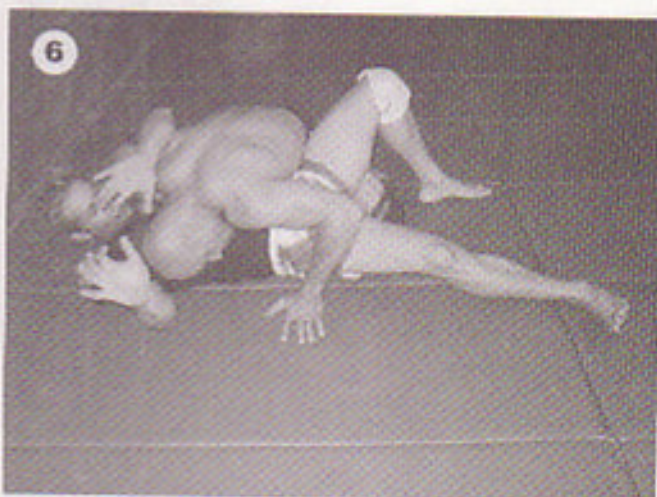
Drop your left hand low,
catching his left ankle.



Push your head on his left hip
as you pull his leg up.



Drop him on his back.



Immediately go to the
side mount position.



Single Leg Takedown:
The same single leg takedown,
but a little different technique.



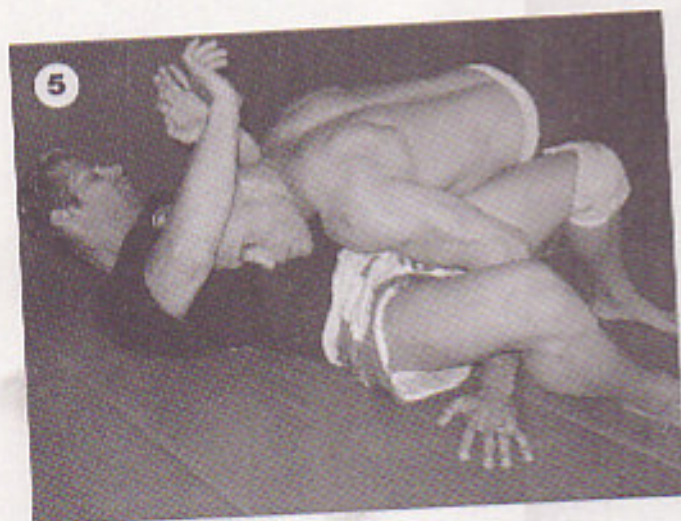
When you grab the leg, instead of
catching his ankle with your hand...



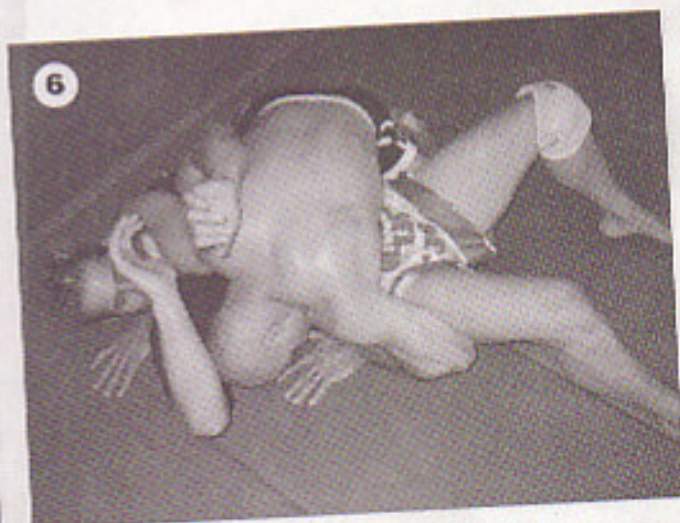
...hook your right leg
around his calf, like this.



Push him down with your head.



He falls on his back.



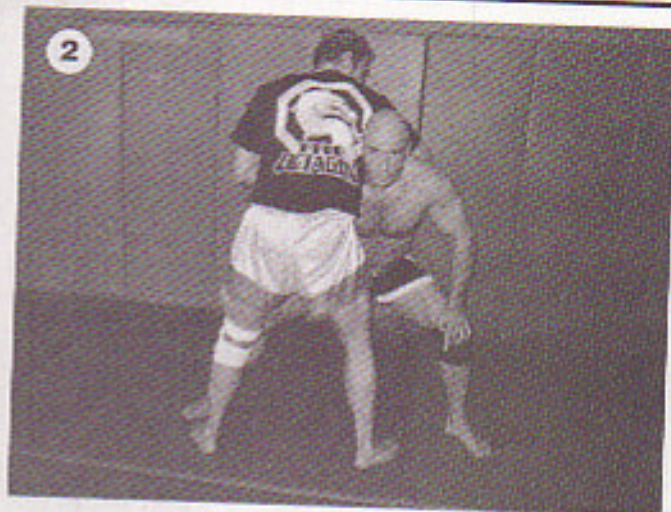
Go to the side mount position.



1

Single Leg Takedown:

In this situation push your head to the right, as you grab his left leg.



2

Grab the left leg like this, here at the knee.



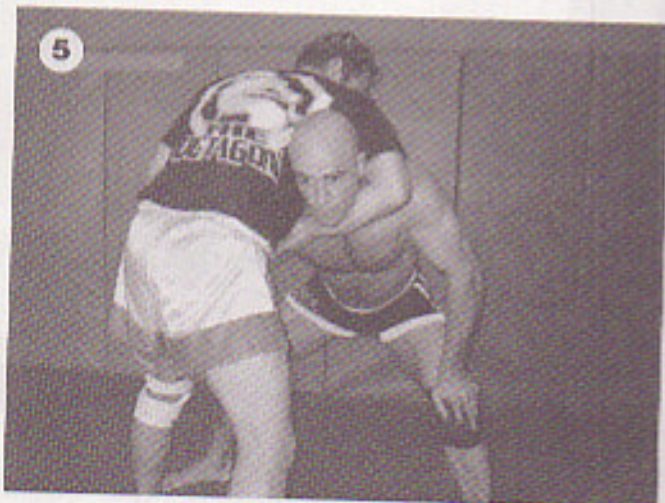
3

Push your head while holding his left knee like this and he will go down.



4

It is very important to keep pushing up with your head when doing this technique.



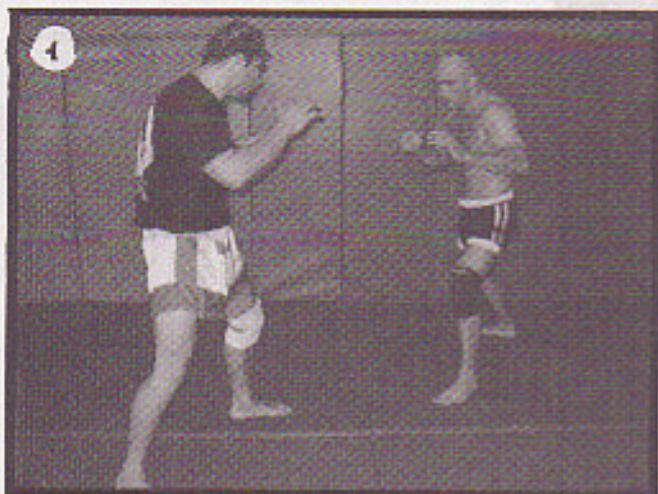
5

If you don't keep your head pushing up, you might get caught in a choke...



6

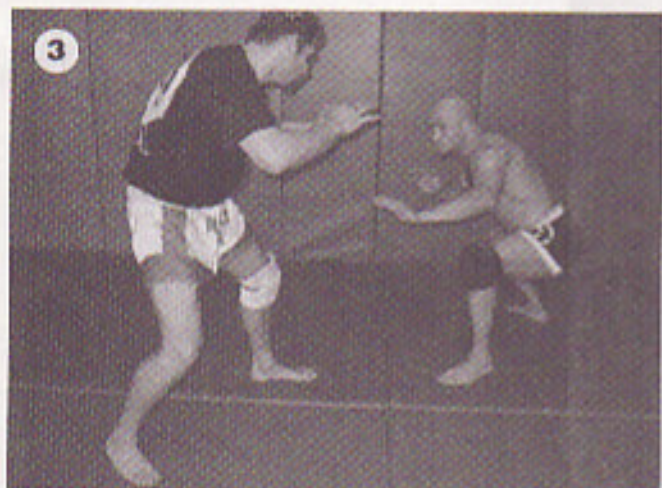
...like this the deadly guillotine.



Single Leg Take Down:
Ready position.



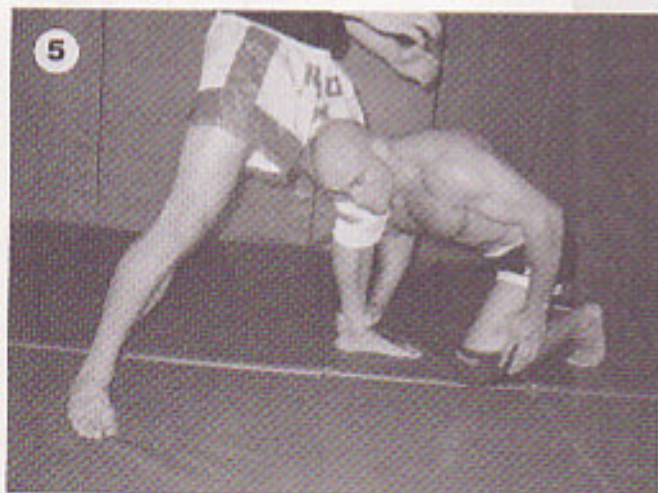
Push on his head or face
as a distraction.



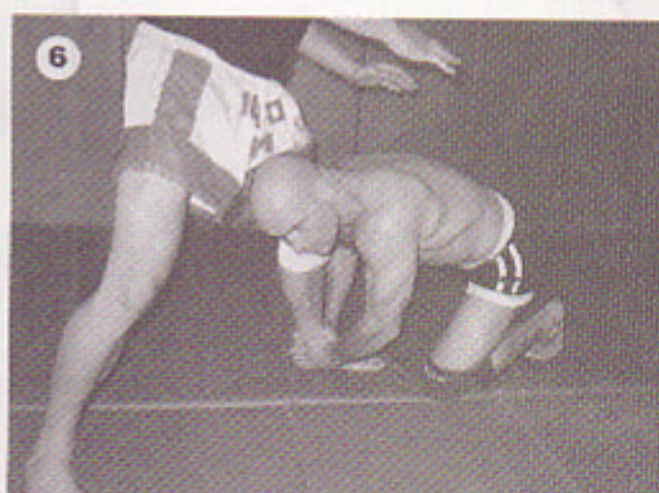
Drop low.



Shoot in for his front left leg.



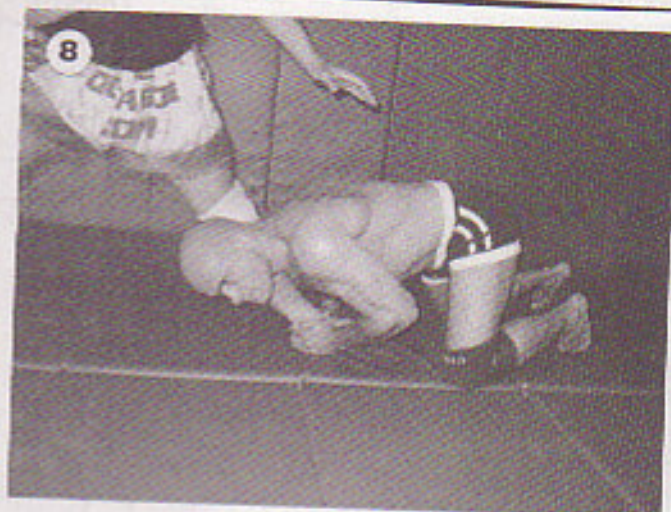
Grab his ankle with your left hand and
lean forward on his leg with your shoulder.



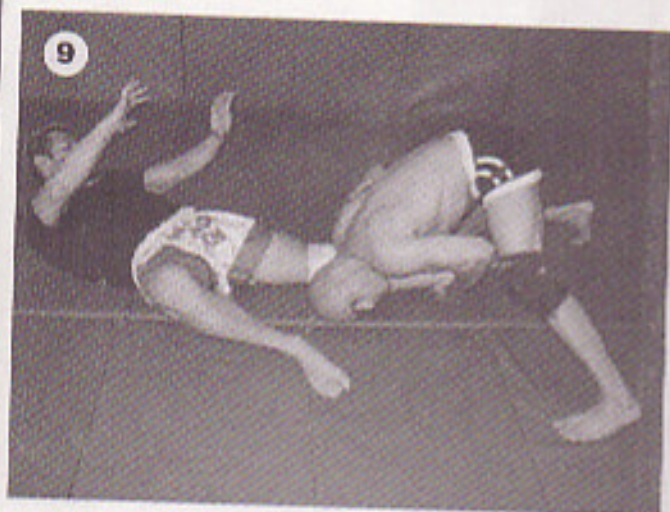
Now grab his ankle with both hands
and push his foot down.



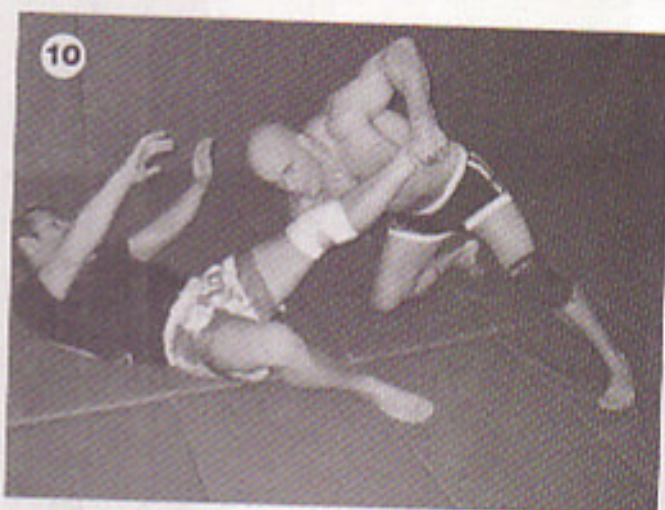
7 Lower yourself under his left knee.



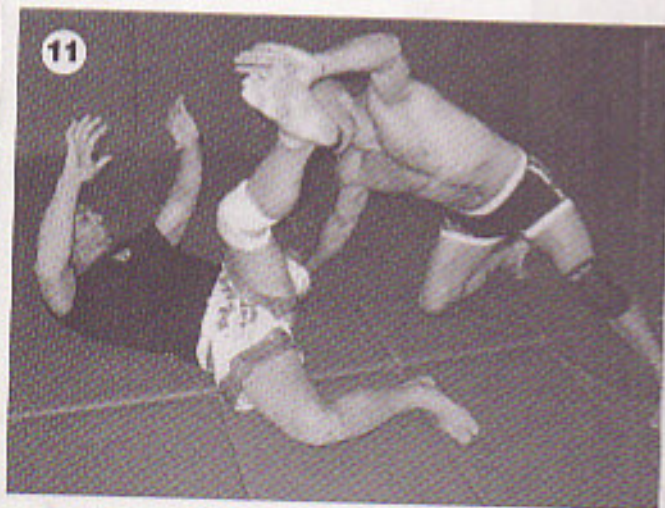
8 Brace his ankle and push forward on his leg.



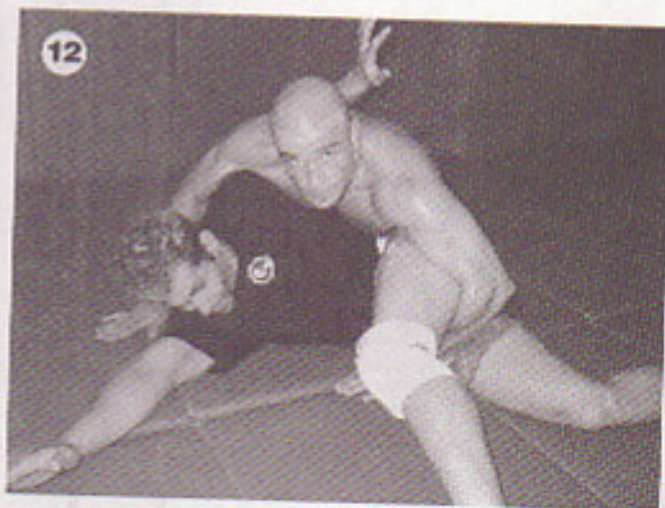
9 Drop him on his back.



10 Follow up right away by moving to his side. Lift his leg and...



11 ...push his leg away.



12 Go to the side mount position.



Important Point: Be aware when performing the prior technique...



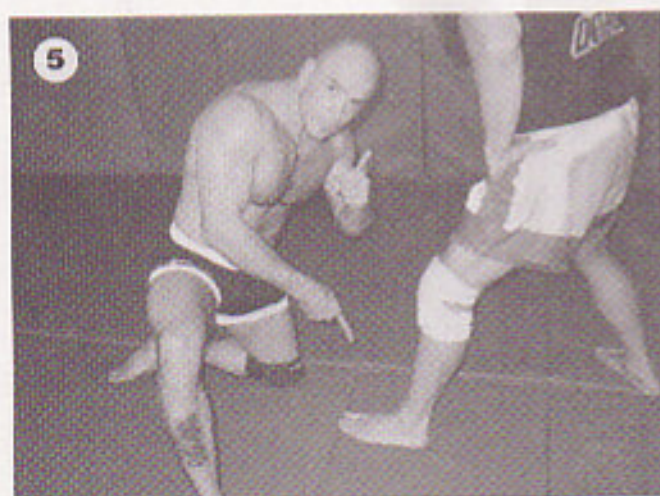
...you need to keep his foot on the ground while pushing on his leg.



If you don't keep his foot down you can lose control.



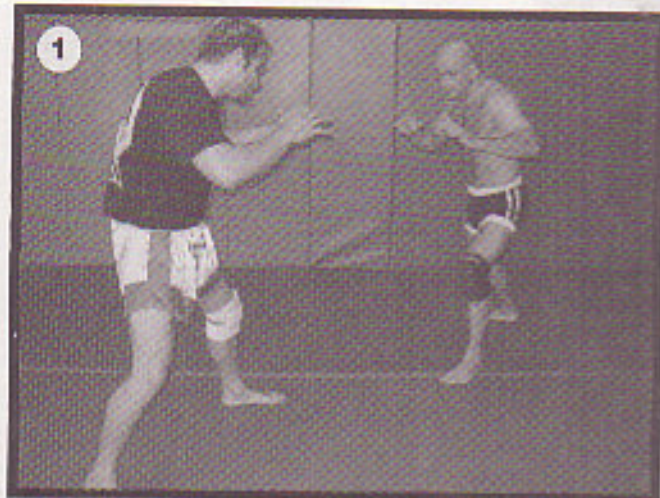
Your opponent will be able to come around and take your back.



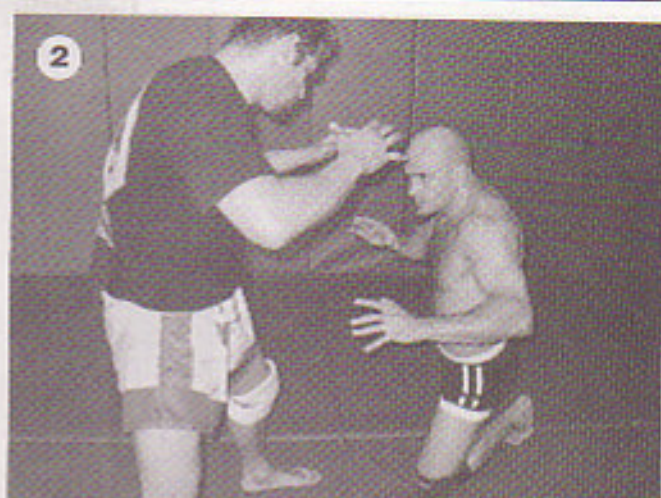
So don't forget, hold the foot flat on the floor.



Then push with your shoulder for the take down.



Single Leg Take Down:
Start position.



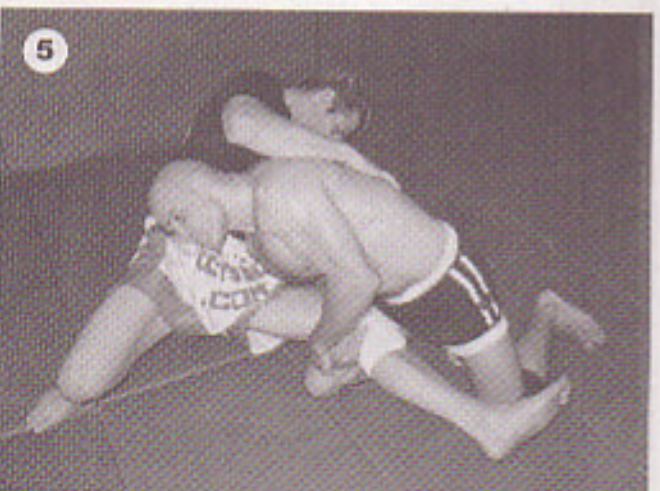
Here you want to shoot in,
faking a double leg takedown.



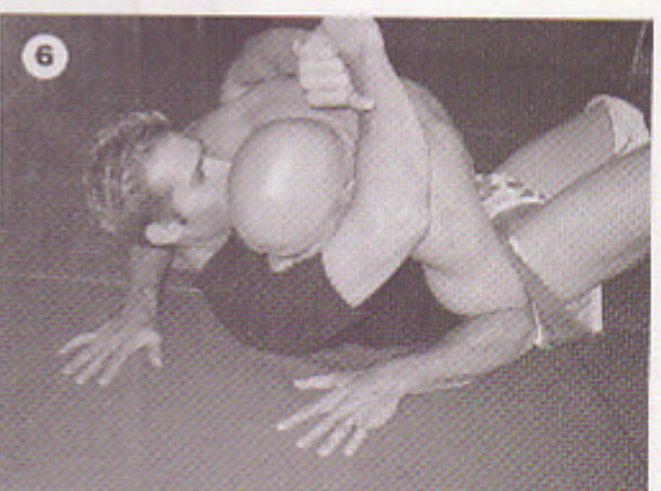
Instead of a double leg, go for only the
left leg, catching it with both hands.



Now push your head and
shoulder to the right.



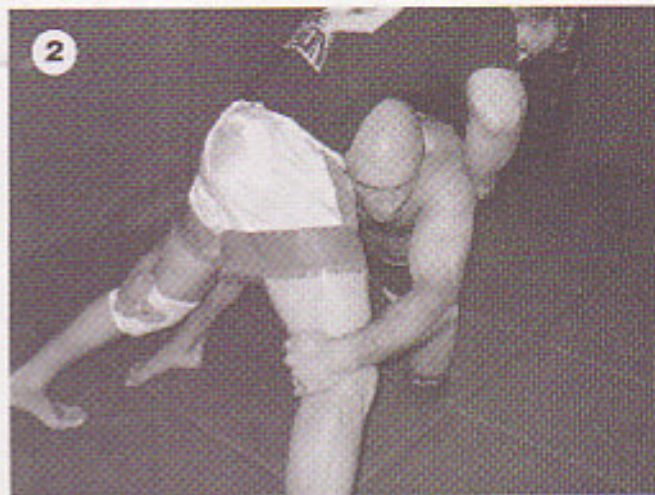
Take him down on his back.



Climb on top to the side mount position.



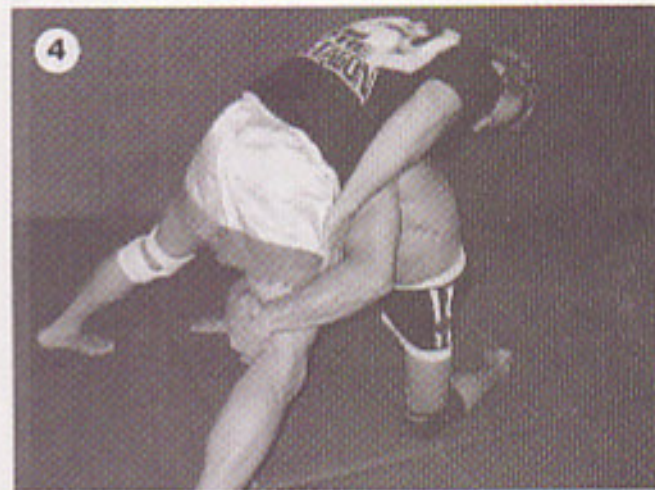
Important Point:
When faking a double leg takedown...



...you can also grab both legs...



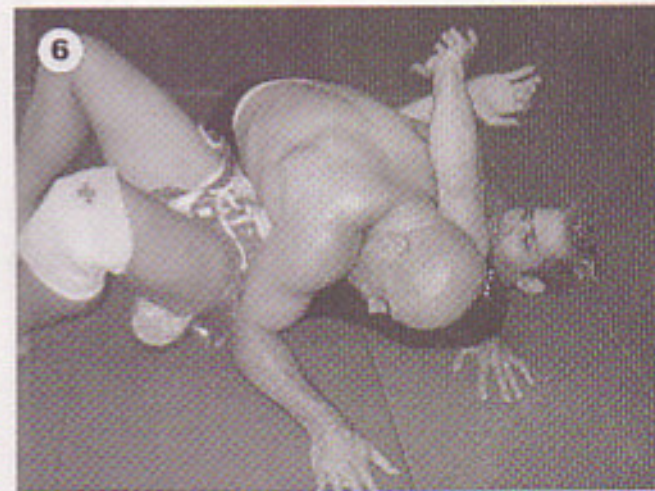
...now instead of going for the left leg, you grab his right leg.



With your head and shoulder push him to the left.



Stay with him as you take him down onto his back.



Climb on top in the side control position.



Single Leg Takedown:
Start position.



Shoot in and body lock him, making sure both of your arms are under his arms.



Bring your right leg up around his front left leg.



Hook your right leg tightly around his left leg.



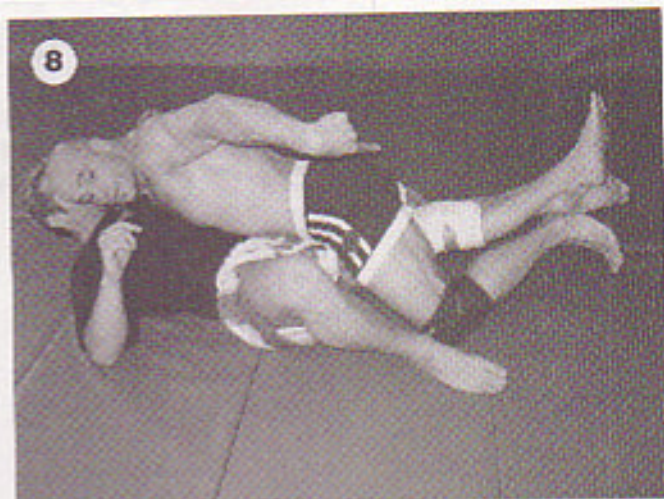
The hook should look like this.



Now lift him up and lean forward, tripping him back.



7
Fall on top as he lands on his back.
You are now in his half guard.



8
With a little luck you can knee bar him with
your legs. (See my BIG BOOK 2 for leglocks.)



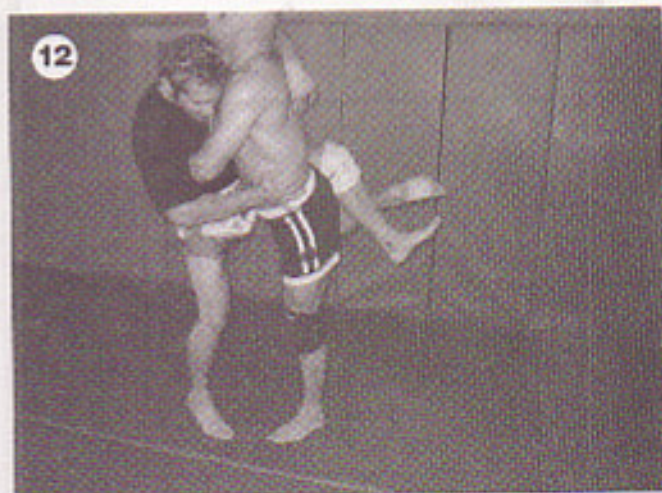
9
Another technique you can do is this one.



10
Change your leg position by hooking
his leg from the inside this time.

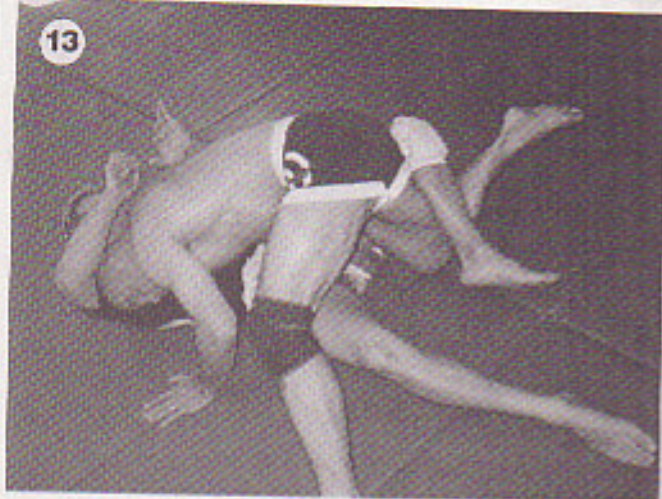


11
The inside leg hook looks like this.



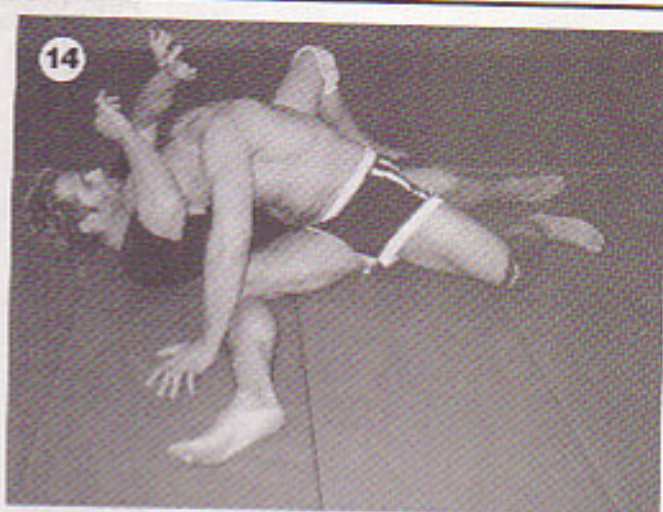
12
Now lift up, while pushing him
down to the right.

13



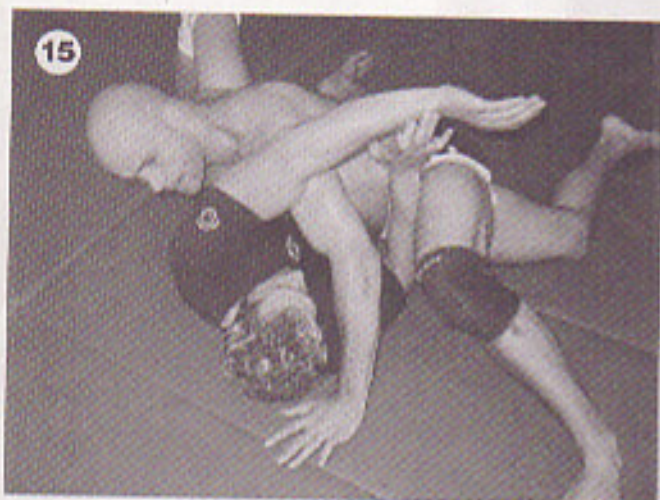
Land on top and begin moving to the left.

14



Escape his half guard right away.

15



Go to the side mount.

16



Grab and lift his right arm to make room.

Training Notes

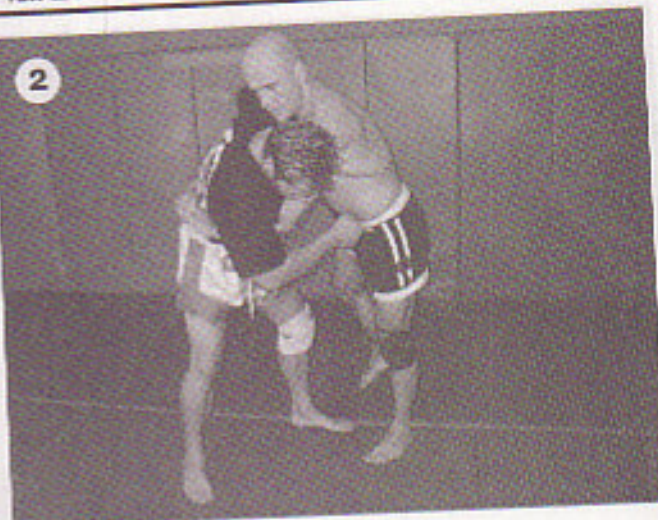
17



Secure his head with your left arm, for control.



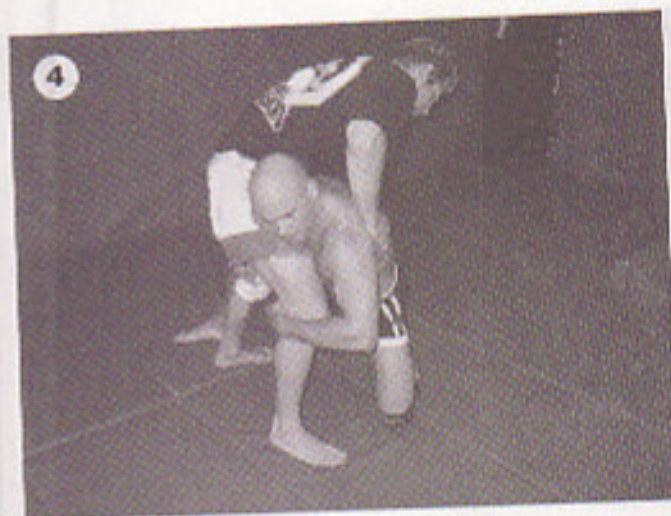
1
Double Leg Takedown:
Attack his left leg with an outside leg hook.



2
Then switch your right leg...



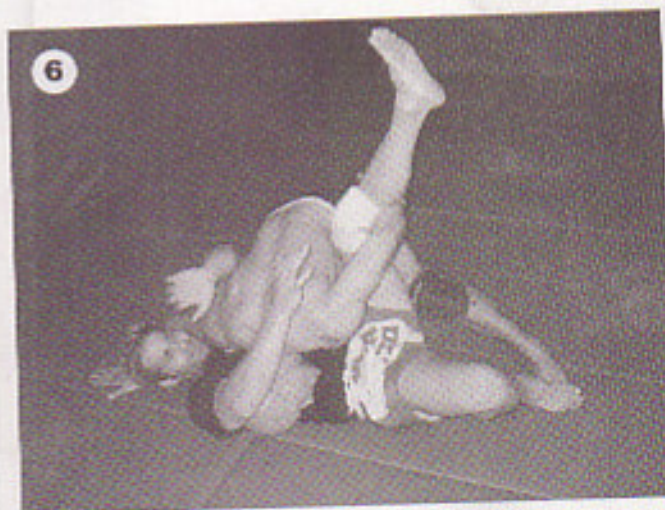
3
...to an inside leg hook,
done as a distraction.



4
Now drop on your left knee,
catching both of his legs.



5
Take him down by pushing your head to
the right and pulling his legs to the left.



6
Drop him and immediately
go for side control.



Single Leg Take Down:
Ready your self to go low.



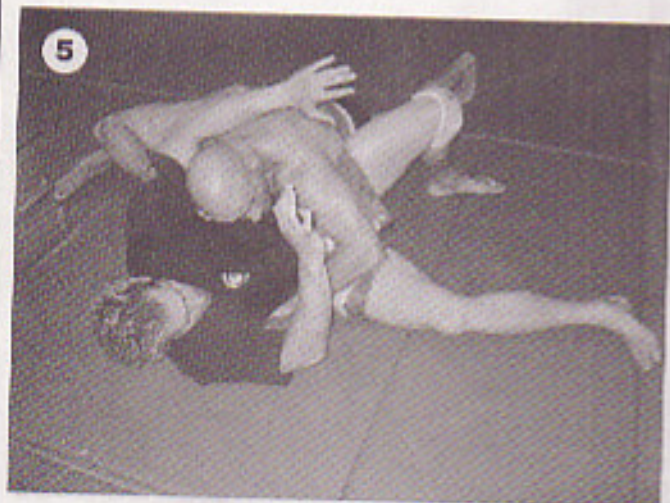
Shoot in, grabbing him with both hands,
and turning him to the right.



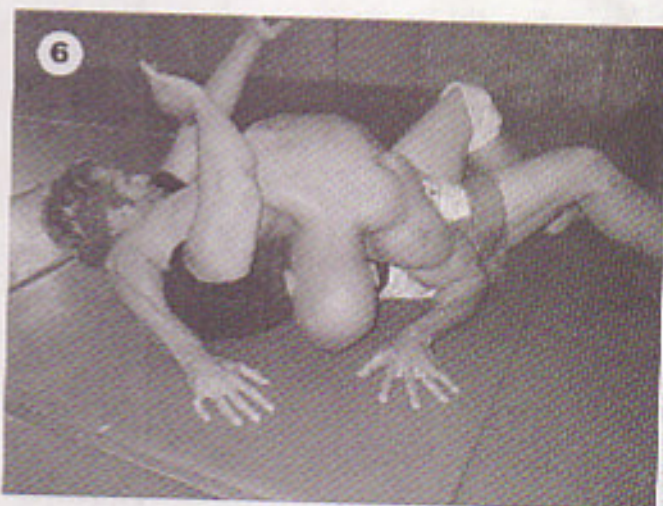
Hold him tightly, bringing your right leg
out straight behind him.



Swing him hard to the right,
tripping him backward over your right leg.



When you hit the ground,
release your hands.



Immediately go to the
side mount position.



1
Double Leg Takedown:
Again, go low.



2
Shoot in under his left arm like this.



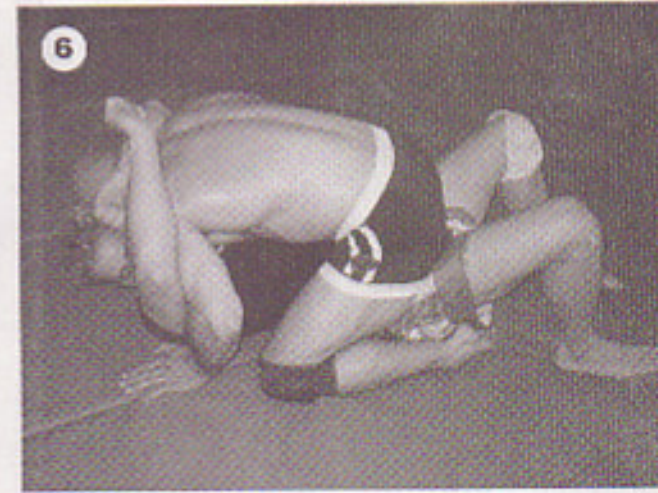
3
Grab him tightly with both hands.



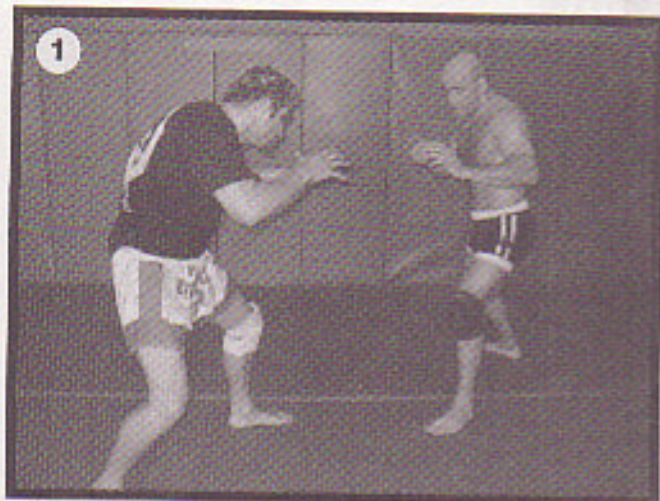
4
Swing him around to the right,
keeping your right leg straight behind him.



5
Pull him back, taking him down
over your right leg.



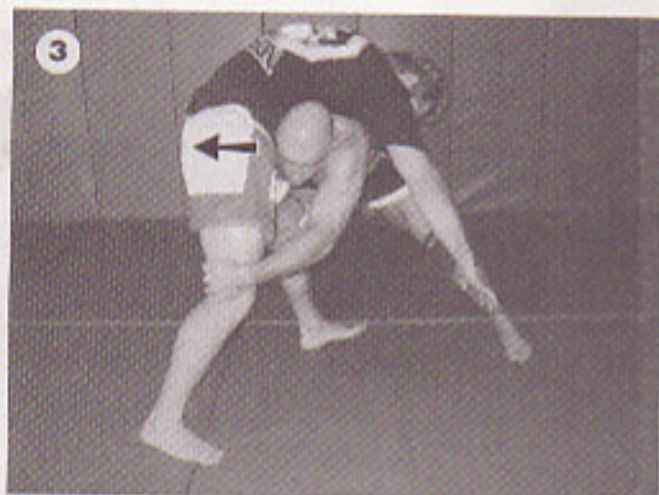
6
Climb on top
to the mount position.



Double Leg Takedown:
Start position.



Go low and shoot in.



Catch both legs behind the knees.
Push right with your head and shoulder.



Keep ahold and land on top of him.

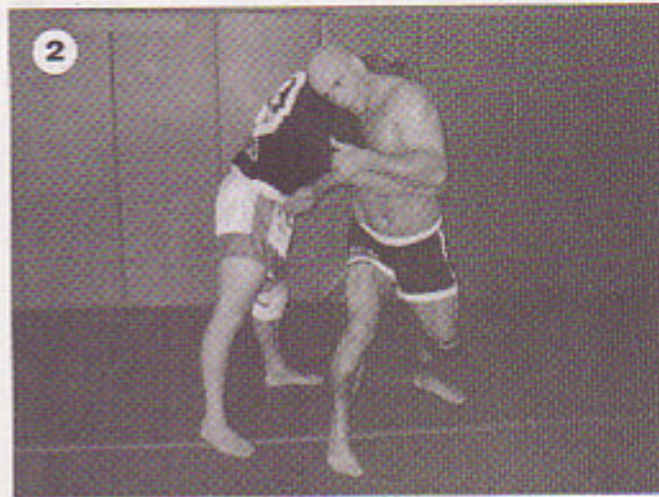


You will end up in the side mount position.

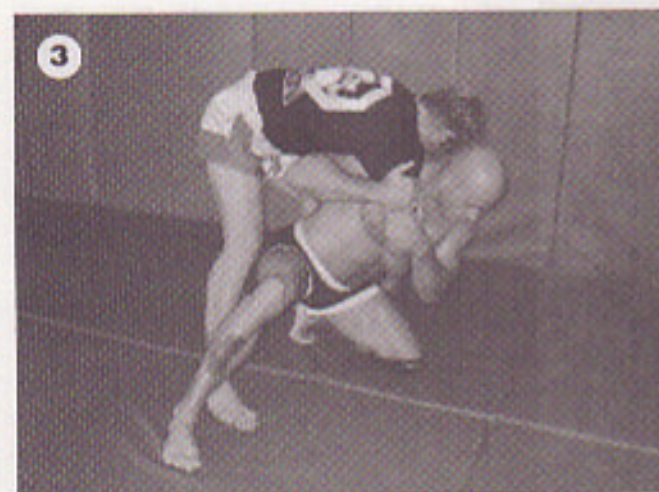
Training Notes



1
Shoulder Throw:
The technique starts in a clinch position.



2
First, switch your legs,
a little away from him.



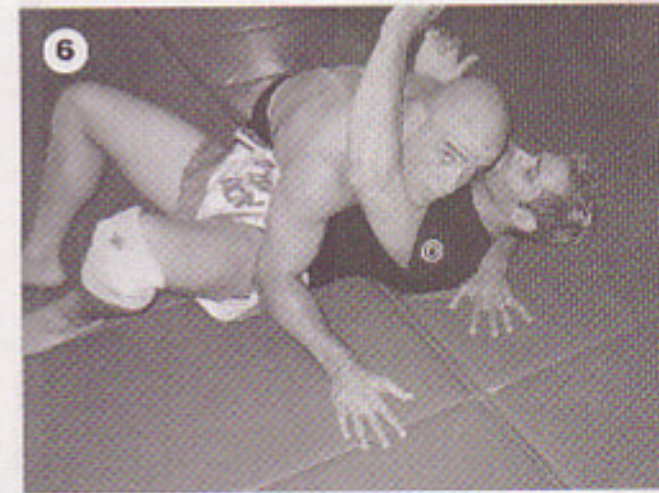
3
Drop on your left knee, grabbing and pulling his left arm over your right shoulder.



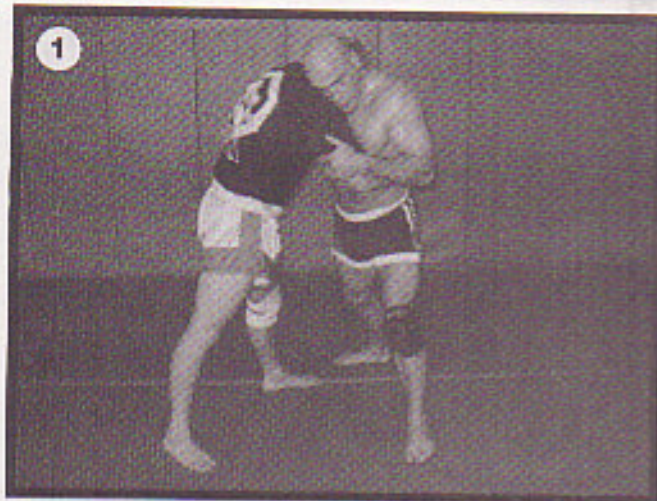
4
Throw him over your right shoulder.
You can keep your legs stretched out when you throw him.



5
Stay with him...



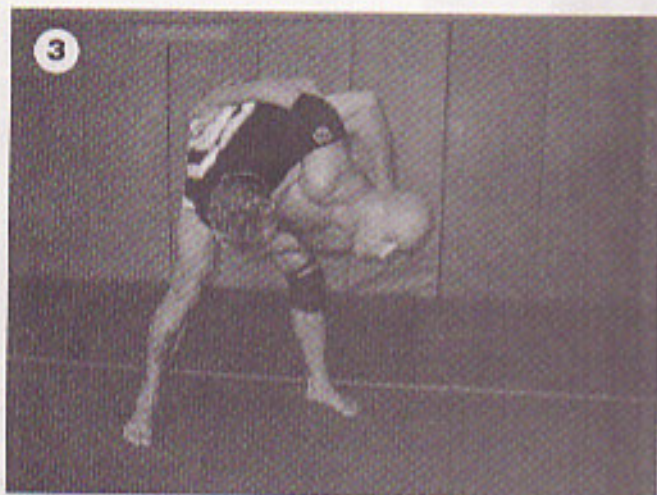
6
...taking the side mount position.



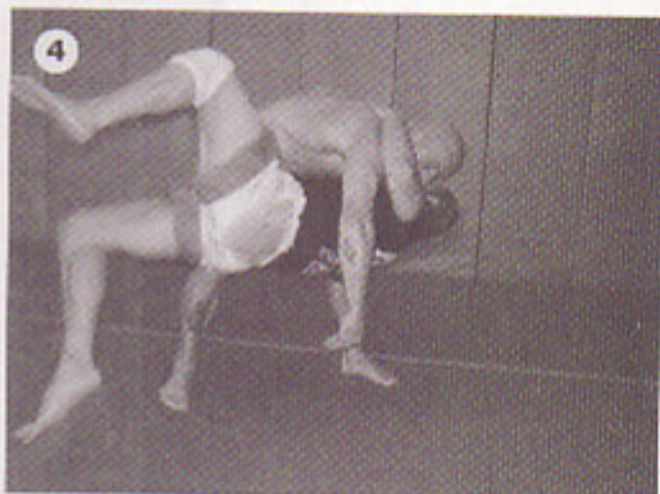
1
Hip Throw:
Start in a clinch position. Step around...



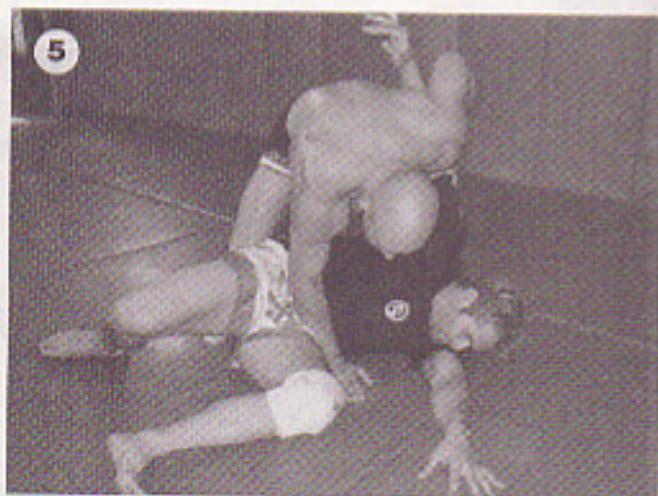
2
...with your right leg. Putting your right hip into him and right arm under his left arm.



3
Lift and throw him over your right hip.



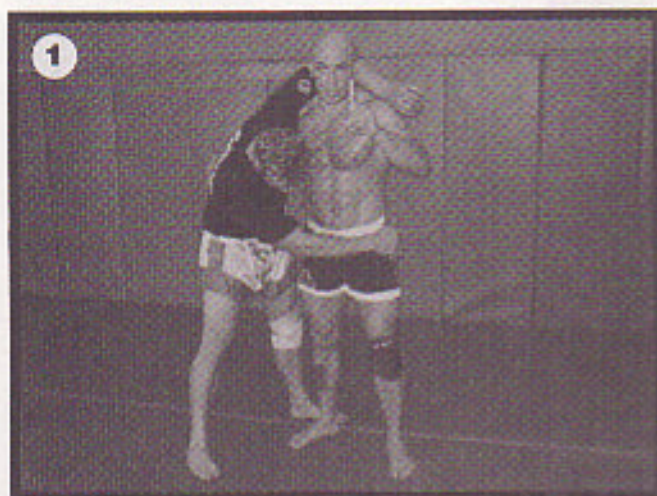
4
He is going to hit on his side.



5
Stay with him and keep control of his right arm.



6
Go to the side mount position.



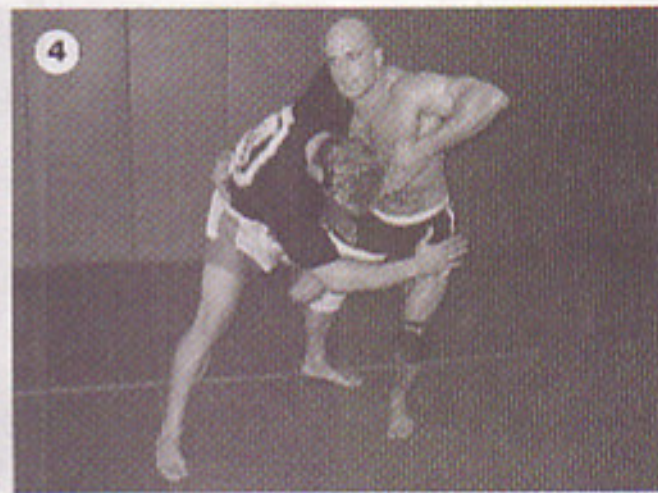
Hip Throw: If he posts his hips to block a hip throw, do something else.



He stops the hip throw by placing his left hand on your hip, like this.



If this happens, immediately switch your legs.



Now hook his left leg with your right leg.



Then under hook his right arm with your left hand.



Lift him up.



Push him back, falling on top.



Keep control when on top and...

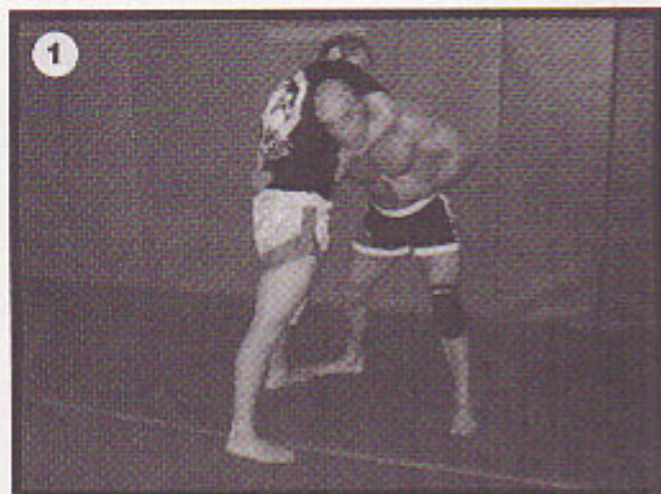


...take the side mount position.

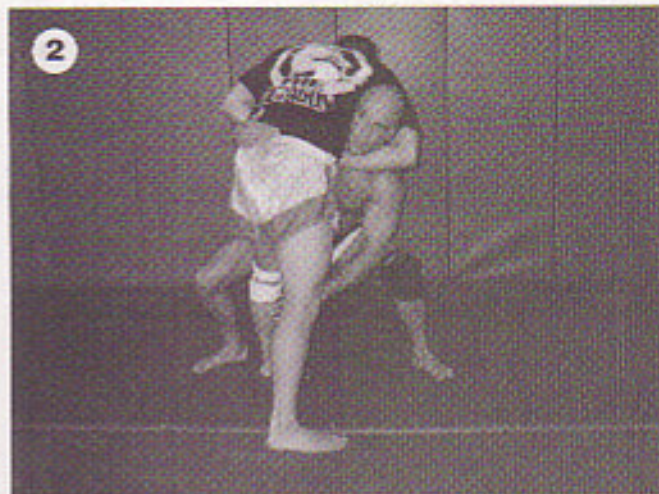
Training Notes

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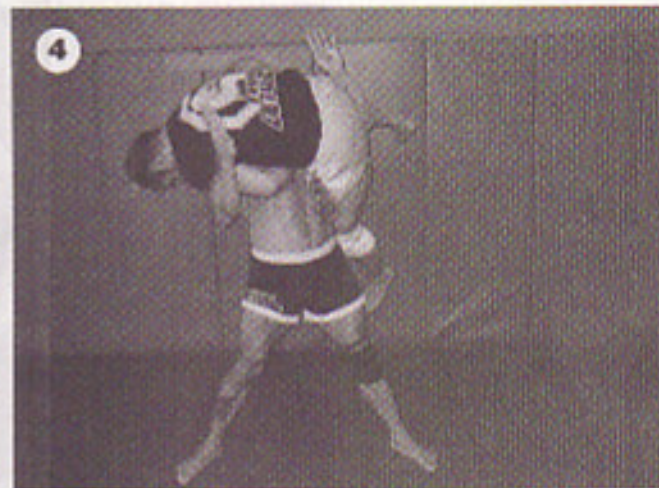
1
Choke Escape To Takedown:
You're in the front guillotine choke. Don't panic!



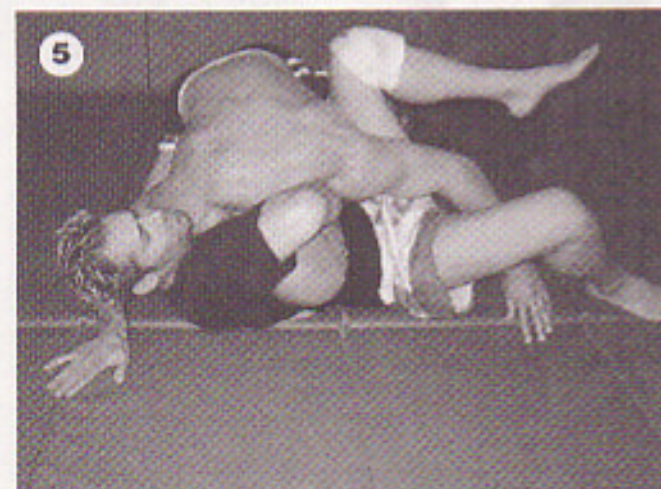
2
Drop down and put your
left arm under his legs.



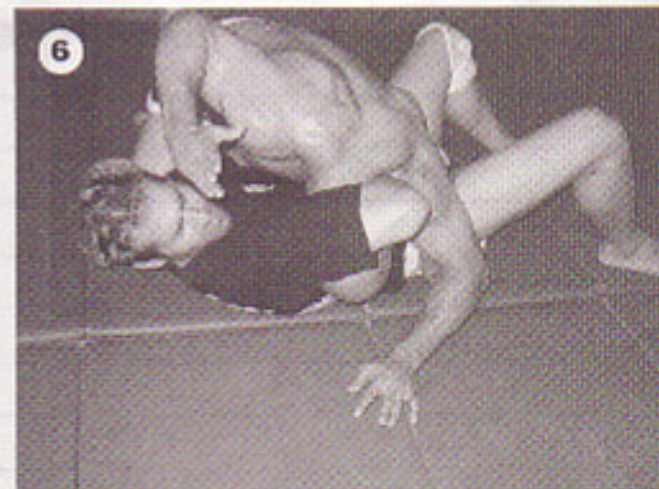
3
Your hand positions should look like this.



4
Lift him up high...



5
...and slam him on his back, hard!



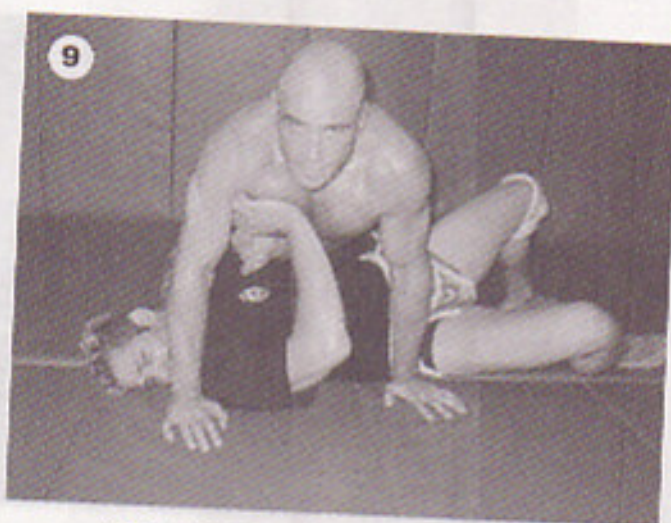
6
If he continues to hold you,
cross face him with your right arm.



7 Give it to him good by pushing on his face hard with the cross face.



8 Pull yourself out from his arm.



9 You are now in control of him from the side mount.

Training Notes

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Important Point:
Here are some secret inside techniques.

If he guillotine chokes you, put your right arm onto his right shoulder.



Now he cannot really bend his shoulder backward to do damage.



If he pulls you up, you hold his shoulder and prevent the choke.



But stick with the takedown by putting your arm between his legs and lifting.



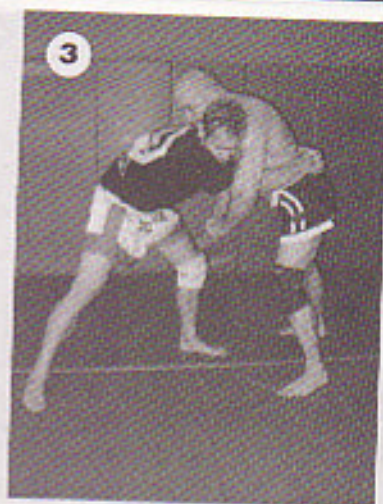
He has no place to go but down for the count.



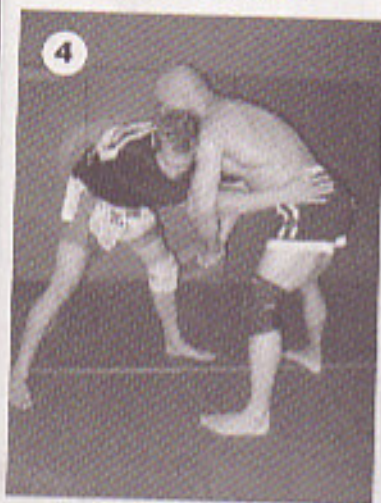
1
**Defend Against
The Takedown:**
Ready stance.



2
He shoots in and
body locks you.



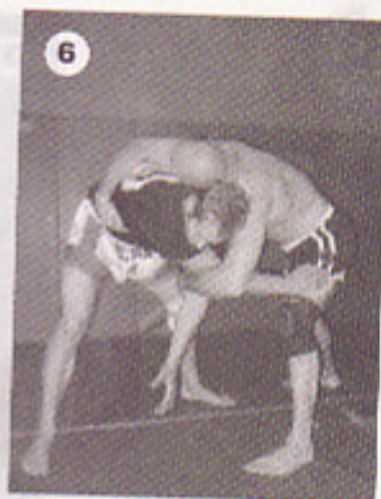
3
Lock hands, squeezing
your arms together.



4
Push your butt back-
wards to break his grip.



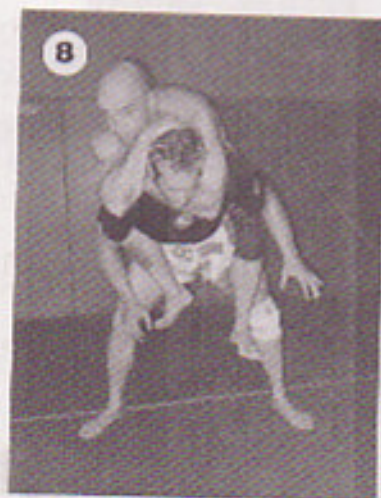
5
With your left hand,
grab his left triceps.



6
Now move to the right
side and get his back.



7
Slide your left arm
around his throat.



8
Jump on his back with
your heel hooks inside
his legs and choke.



9
Fall back to finish.



Single Leg Throw:
Fighting position.



He roundhouse kicks with his right leg.



Catch and hold the kick
under your left arm.



Counter with a right
straight punch to his face.



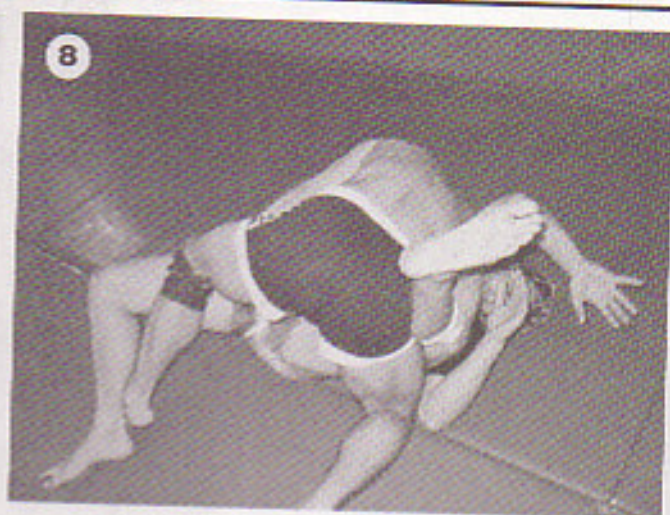
With him hurting, shoot in low,
keeping control of his left leg.



Hook behind his left leg with your
right leg, pushing him backward.



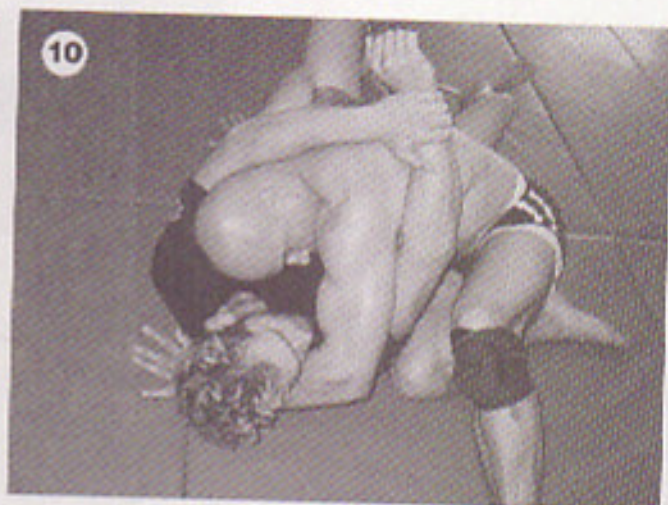
Take him down on his back. Keep your legs stretched apart so he can't close his guard.



Jump on top, passing his left leg.



Slide your right knee on his right leg.

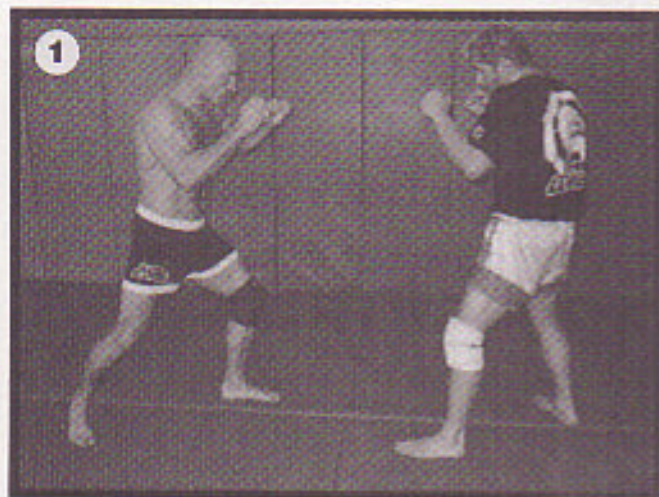


Move to your left, going to the side mount position.

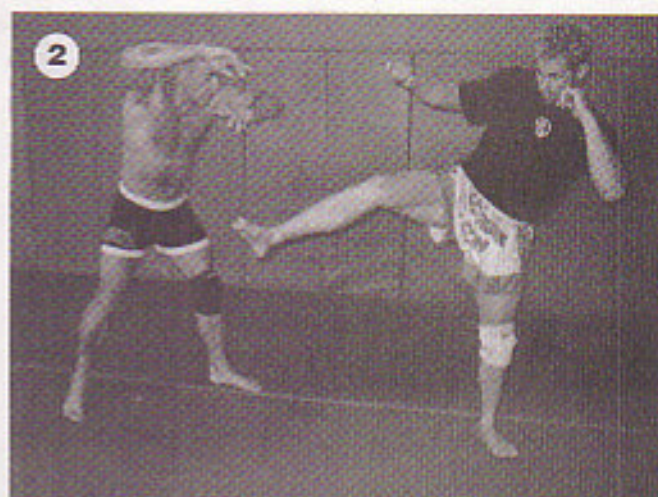


Keep control of him.
Side mount position complete.

Training Notes



1
Straight Leg Take Down:
Fighting stance.



2
Jump back to avoid a right
roundhouse kick to the body.



3
Go low and shoot in for his back.



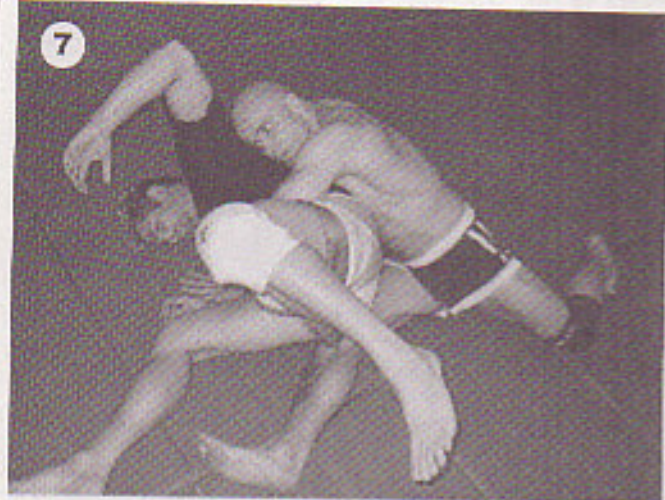
4
Grab with both hands and
start turning him right.



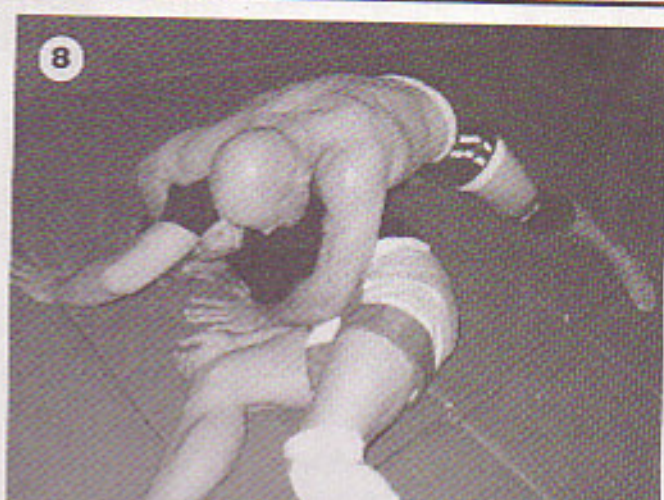
5
Straighten your right leg, pulling him back.



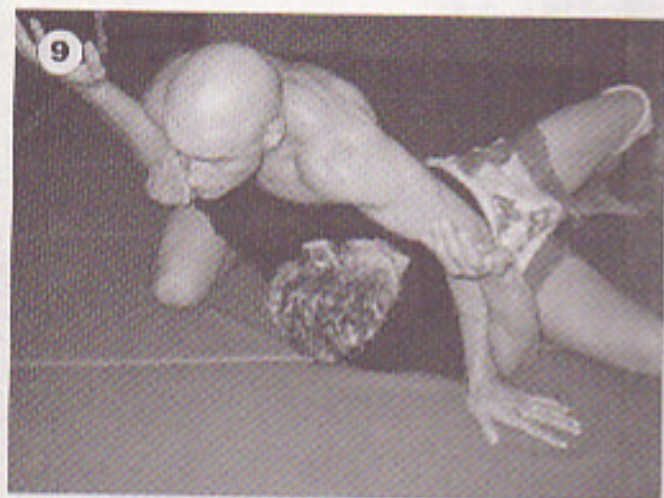
6
Take him down over your leg.



7
Drop him on his side and
go for the side mount.



8
Climb on top, keeping control of his arm.



9
Pass his left arm by pulling it back.



10
Now slide your right hand under his head.

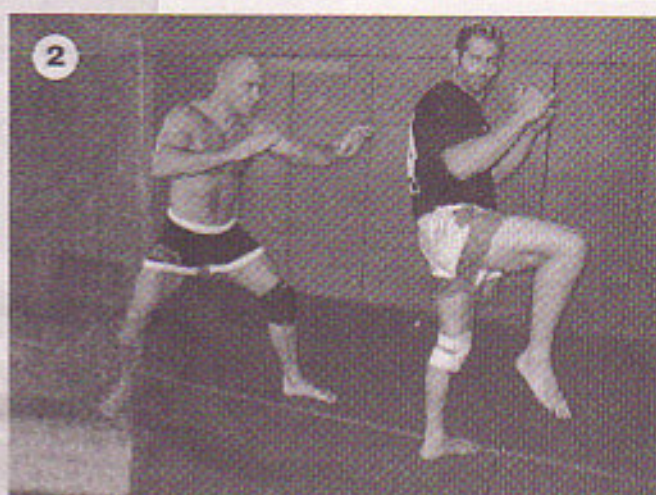


11
Grab his right shoulder
and take the side mount.

Training Notes



Flip Takedown:
Ready stance.



He turns to throw a spinning back kick to your midsection.



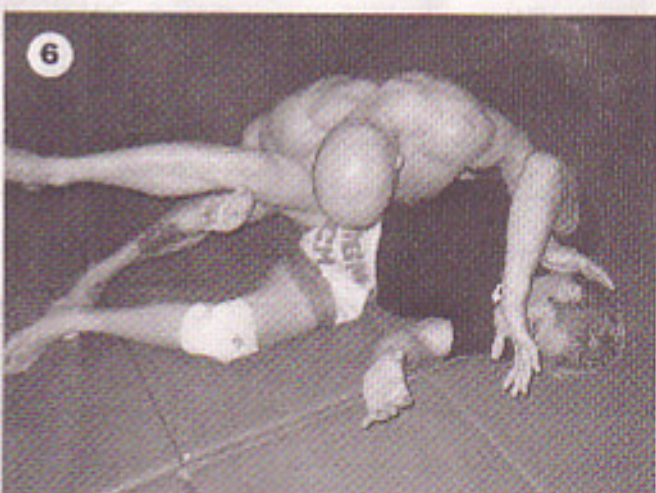
With good timing, move inside the kick, catching his left leg.



Lift his leg high, flipping him forward over his head.



Stay with him as he hits the ground.



Go to side control.

Training Notes

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**Leg Throw:
Fighting Stance.**



He grabs your neck to clinch.



**As he tries to knee,
block by crossing your hands.**



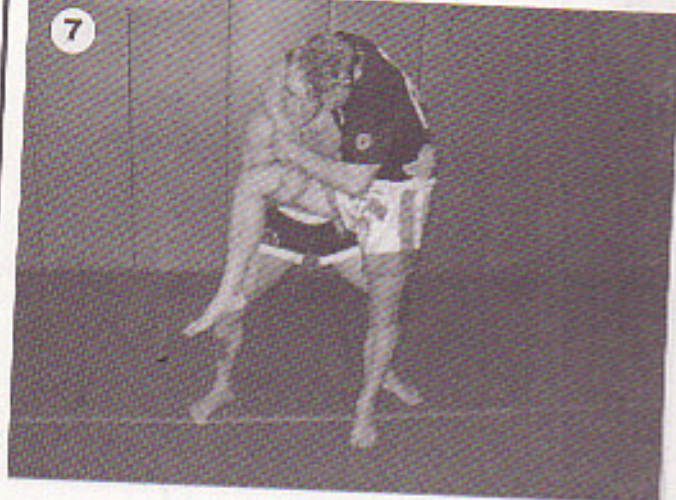
He knees again, this time with the right.



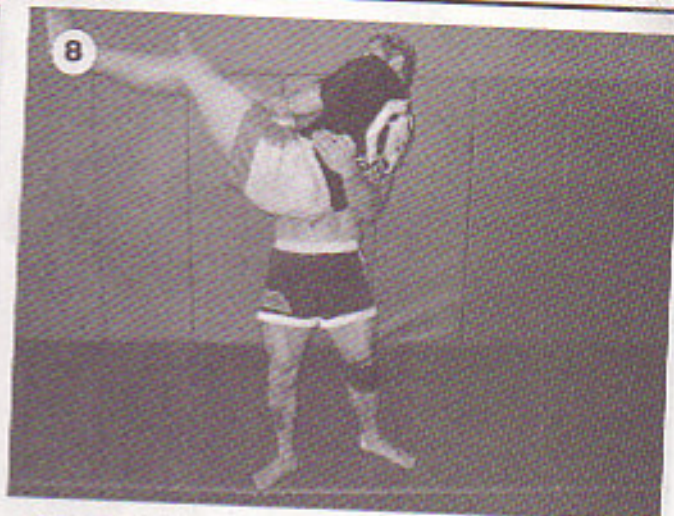
Again block.



**Now step to the side, catching his
right leg with your right hand.**



At this point lift him.



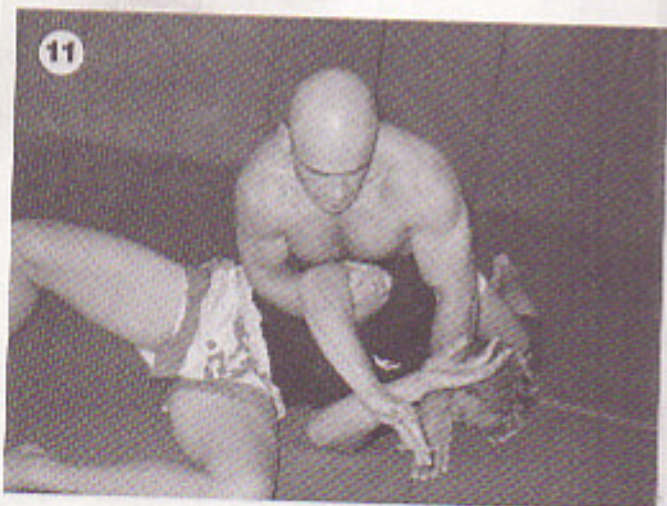
Lift him higher by straightening your legs.



Slam him on his side, landing on top.



Grab his right wrist, pushing his arm off your head.

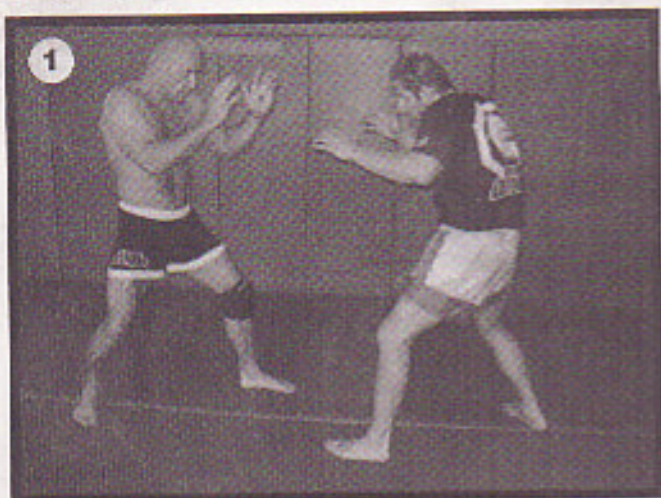


Control his right arm.
Go for an armbar, side mount, or...



...go for the north-south position.

gracie.net



1

Double Leg Takedown:
Ready position.



2

Grab his neck into a clinch.



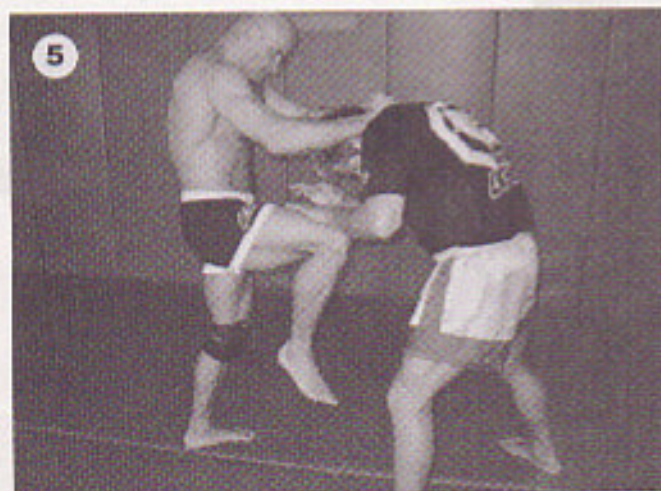
3

Right knee his face, but he blocks.



4

Go for another knee to the head.



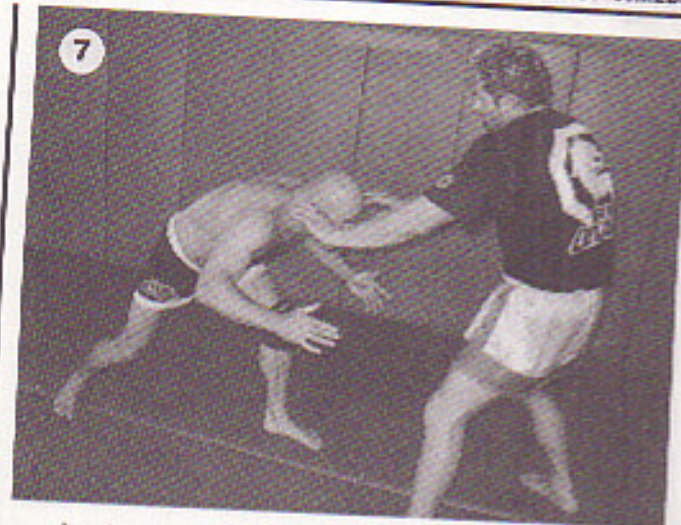
5

Again he blocks your right knee attack.

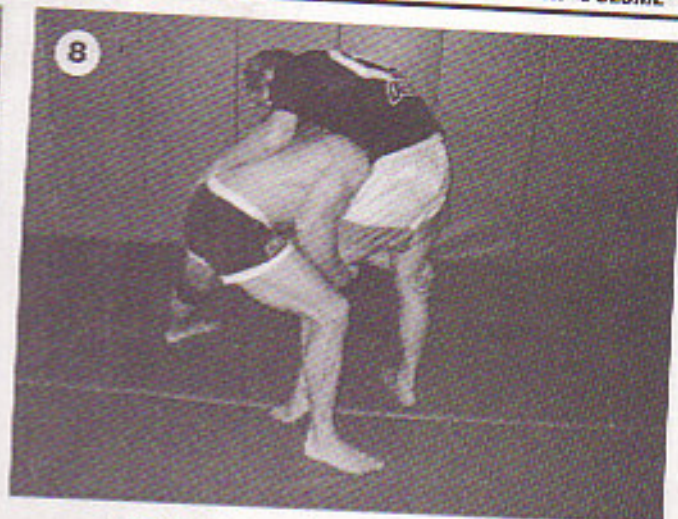


6

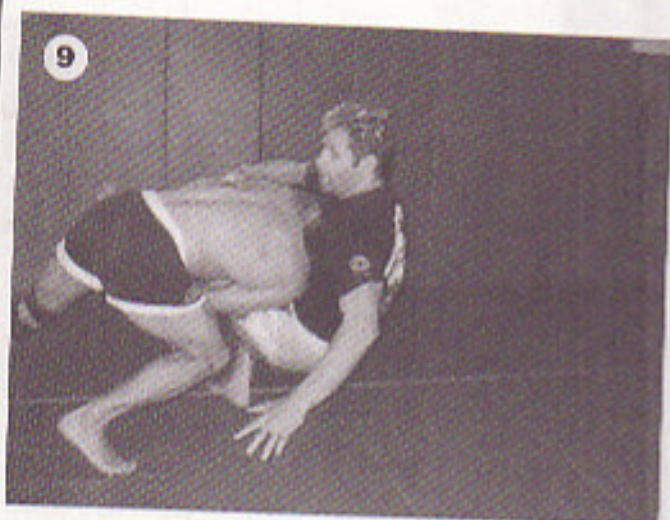
He expects another knee at this point,
but you change tactics.



7 Instead of a knee, you shoot in low...



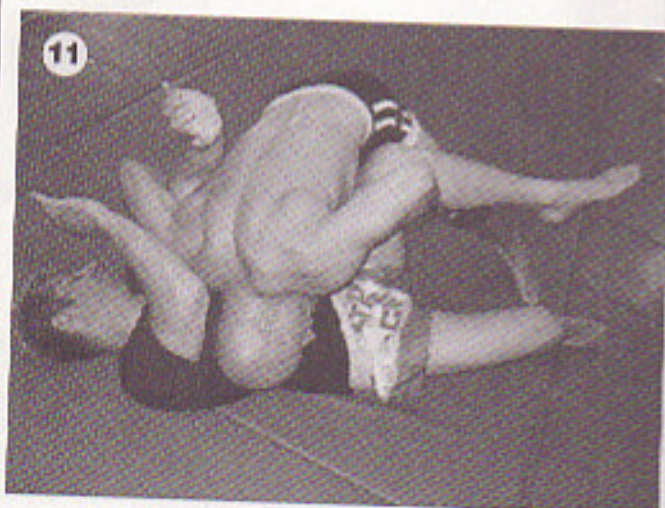
8 ...tucking your head low, grabbing both legs behind the knees.



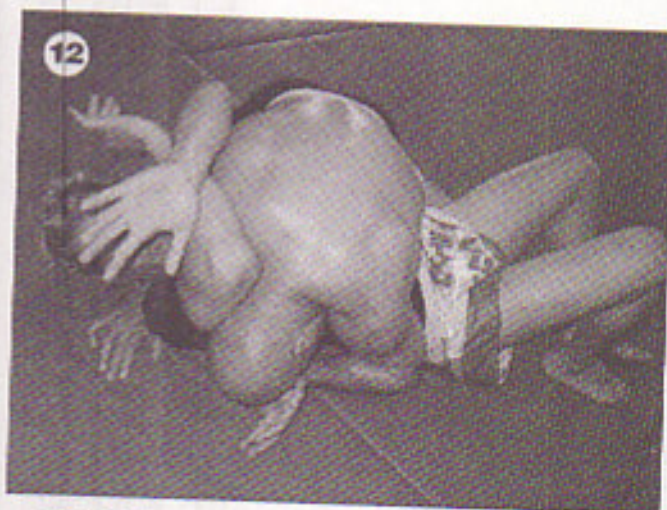
9 Push him back to the right...



10 ...taking him down.



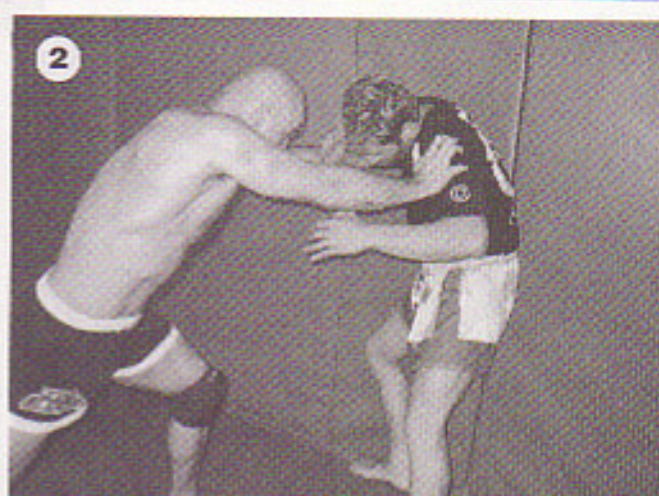
11 Land on top, passing his left leg.



12 Finish in a strong side mount position.



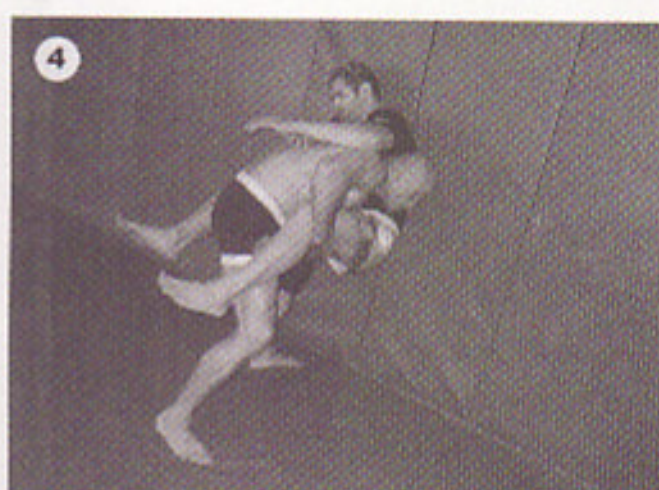
1
Double Leg Takedown Against a Wall:
Start in a clinch position.



2
Push him back into the wall or cage, with both hands.



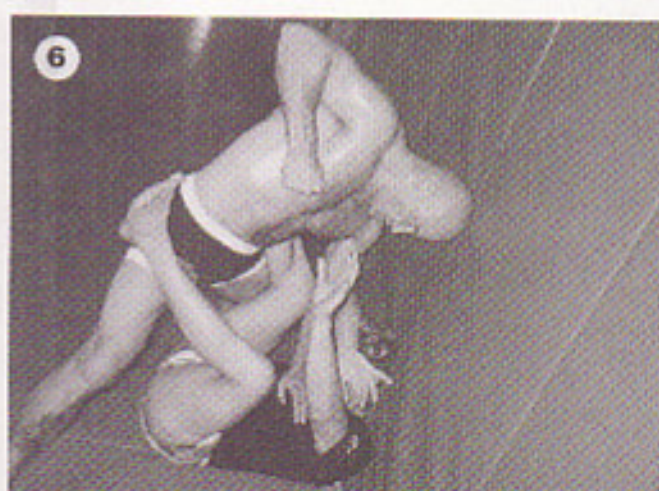
3
Immediately shoot in low, grabbing both legs.



4
Pull up high, taking him down.



5
Stay over him as he lands on his back, keeping your legs straight.



6
Start hitting him.



Leg Hook Takedown Against The Wall:
Start in a clinch against the wall or cage.



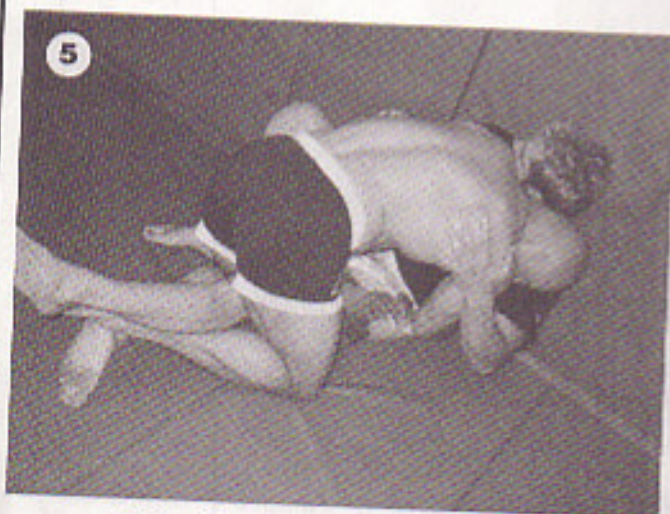
Hook his left leg, from the outside, with your right leg.



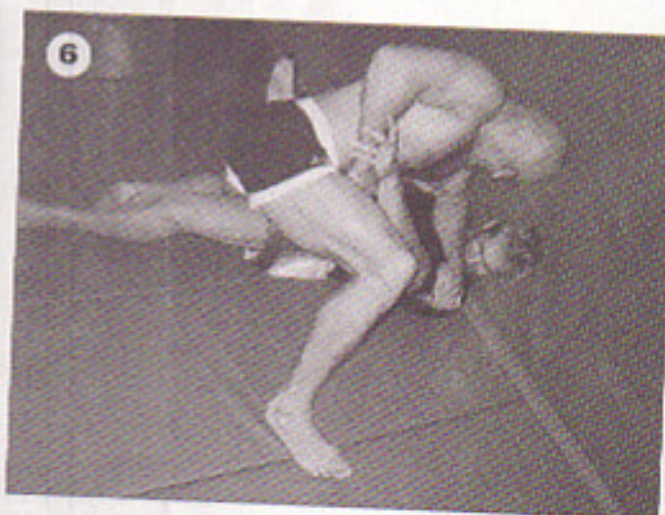
Pull your right leg up high.



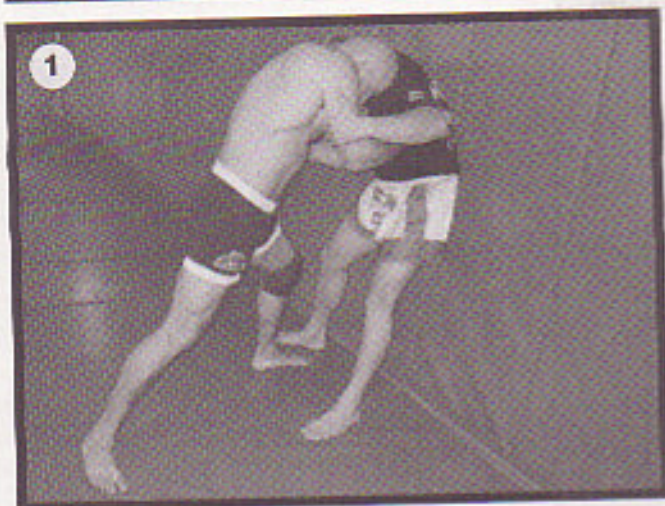
As you pull your right leg up, push him down with your upper body.



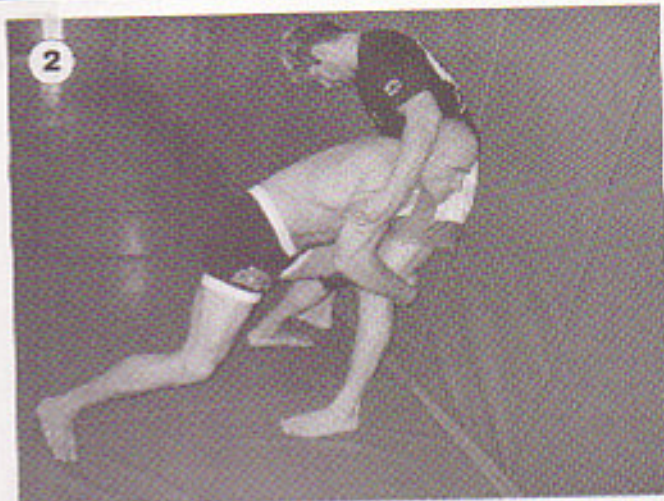
Take him to the ground with his head against the wall.



Get control and start hitting him with hard punches to the head.



Single Leg Takedown Against The Wall:
Start in a clinch position.



Drop low, grabbing both his legs behind the knees.



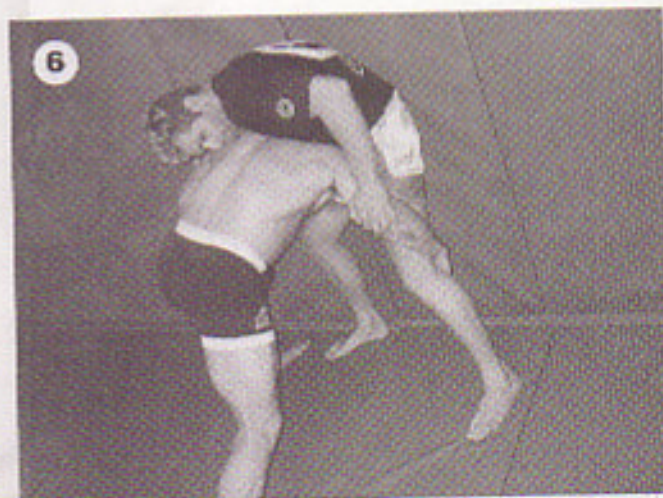
Look at how he got his under hooks in under my arm.



From this position, switch your head...



...bringing your head to the left side of his body.



You now want to get his left leg only.



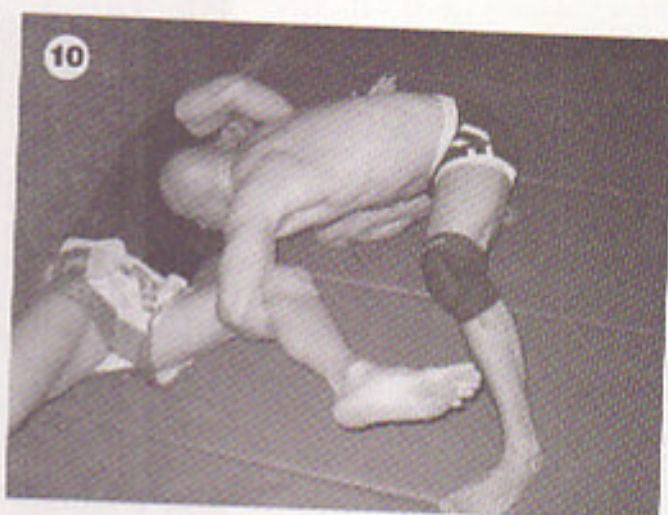
7 Grab the left leg with both hands.



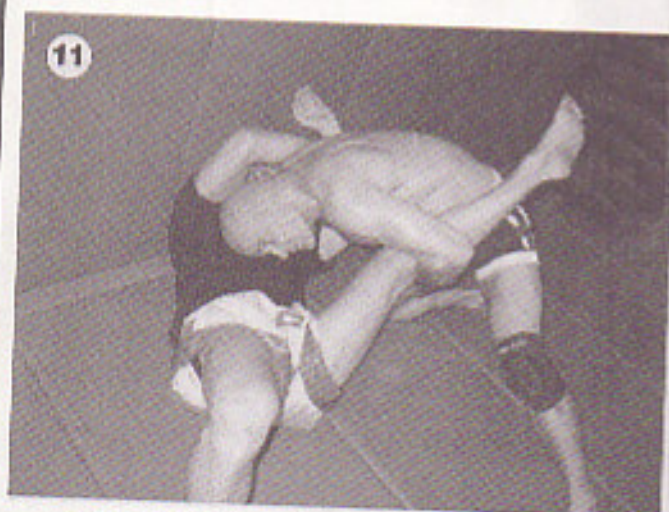
8 Pull the left leg up and push him down toward the right using your head.



9 He will land on his back.



10 Keep control of his left leg, turning him into the wall.



11 Crank his head up against the wall.



12 Take side control, pushing on his head to keep it cranked.



1
Takedown Leg Lock: A Rutten Original
Start against the wall in a clinch position.



2
In this situation he starts kneeing you with his left leg.



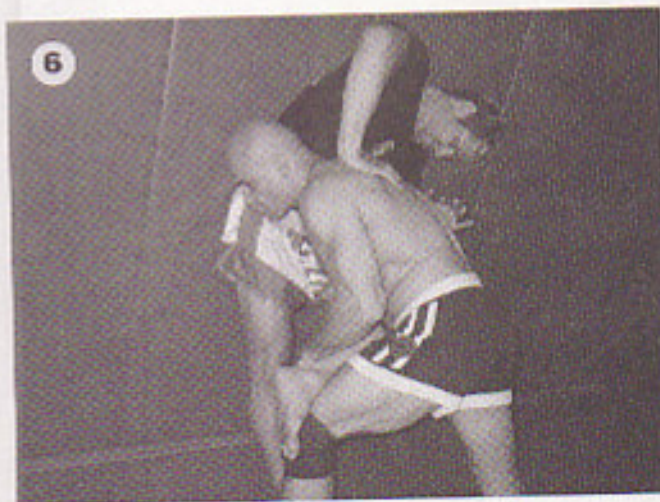
3
Step left to avoid his attack.



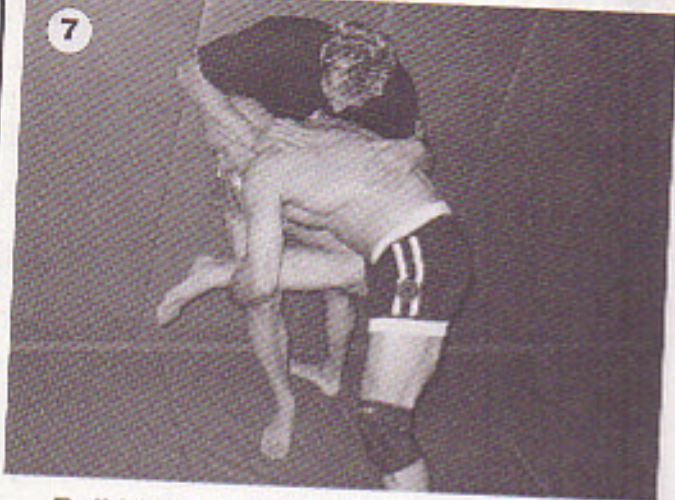
4
Now grab his left leg with your right arm.



5
Keep pushing on his midsection, bringing his left leg up.



6
Push his left leg over while securing it with your left knee.



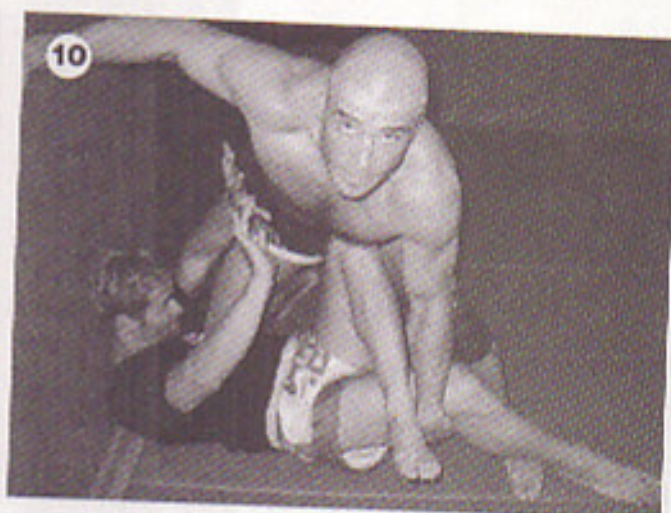
7 Pull his left leg to the left while using your head to push his body to the right.



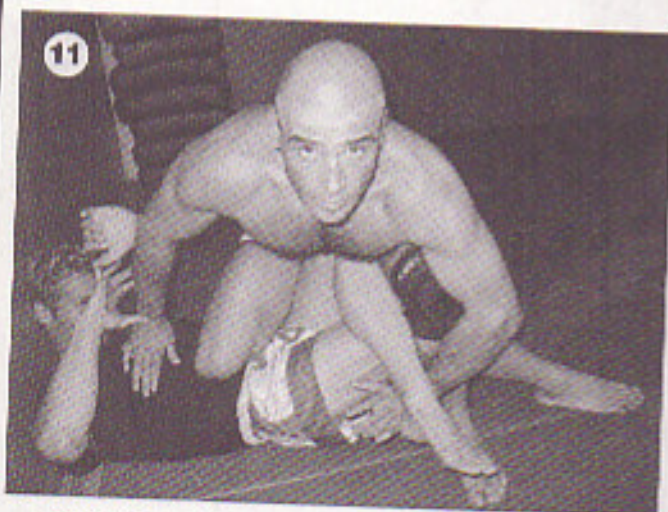
8 Under hook his left ankle with your left arm.



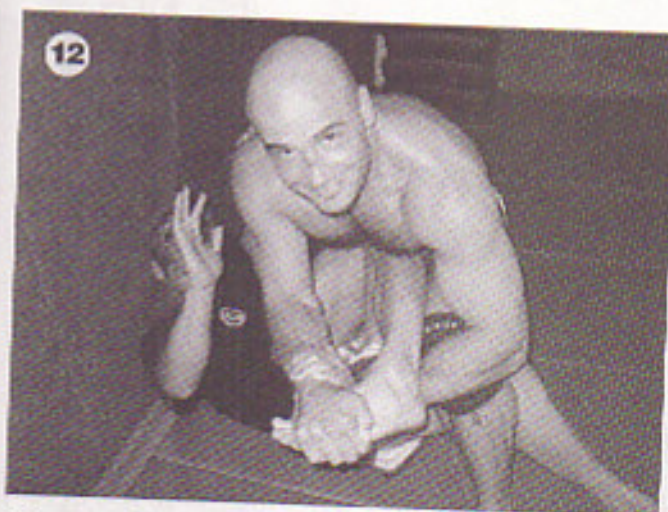
9 Pull his right leg out, taking him down.



10 Keep his head against the wall, your right knee on his belly and control of his leg.



11 Look how I have controlled him against the wall. My left leg stepped over his right. He can't escape.



12 Now go for a toehold submission to finish. (See my BIG BOOK 2 for foot locks.)



Or you can do this...



...as you pull his right leg up, push his body to the right with your head.



Take him down on his back.



Start hitting until he quits.

Training Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or printed text on the paper.



1
Single Leg Takedown Against The Wall:
Start against the wall in a clinch position.



2
He tries to knee you with his left leg.



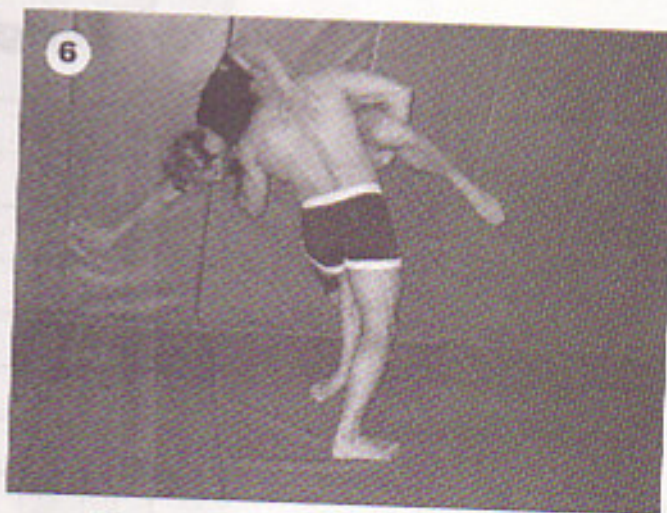
3
Move left to avoid the knee,
grabbing his left leg underneath.



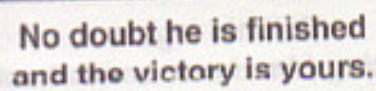
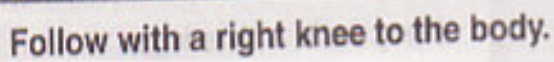
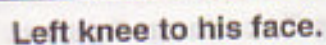
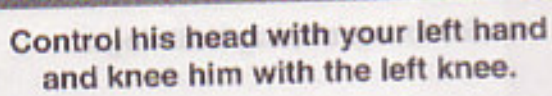
4
Now slide your head under his right armpit.



5
Push your head to the left as you
pull his legs to the right.

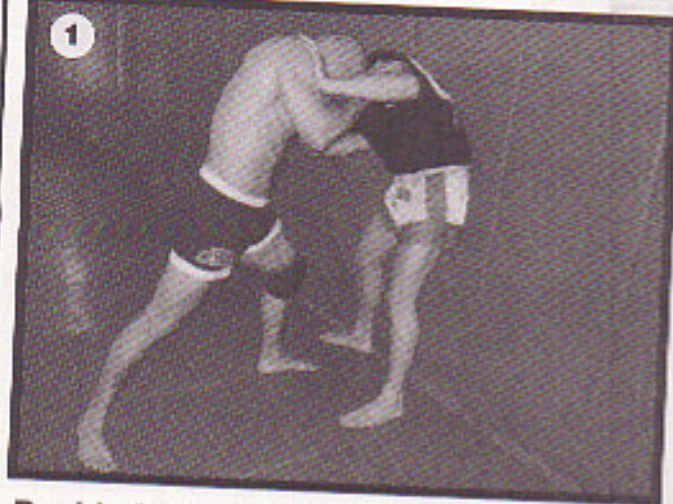


6
Your left leg hooks his right leg
as you throw him.

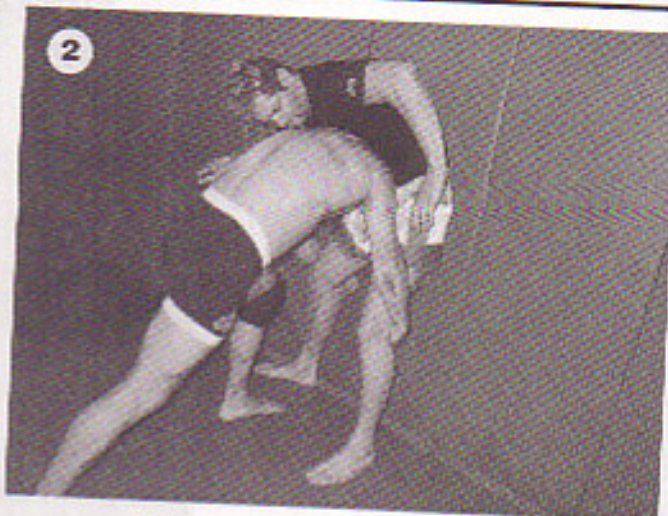


Training Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or printed text on the paper.



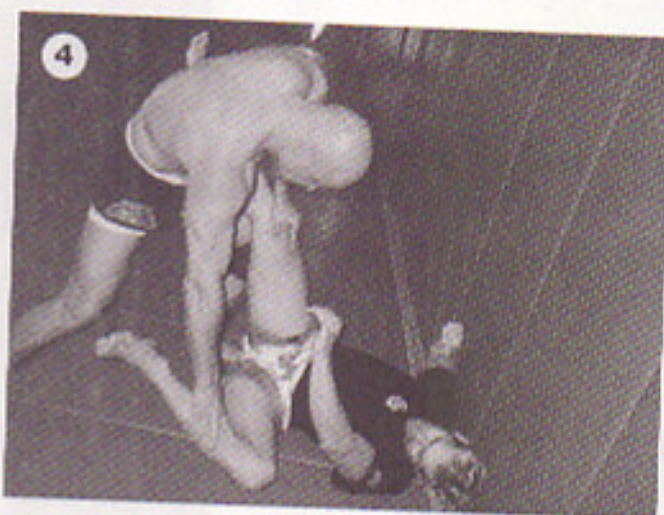
1
Double Leg Takedown Against The Wall:
Start in the clinch position.



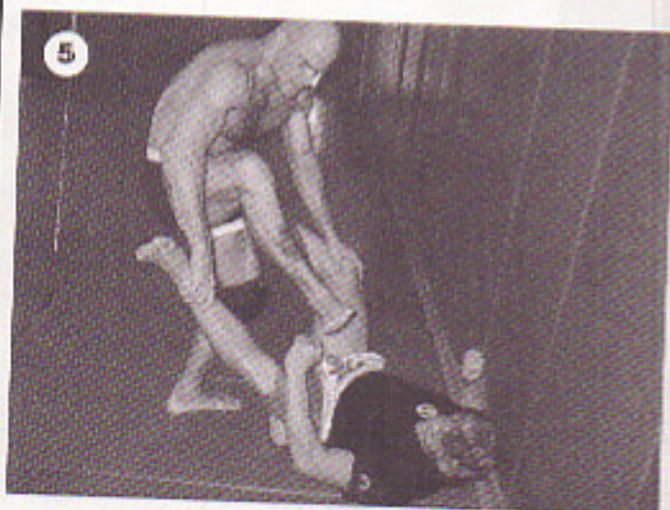
2
Go low grabbing both legs.



3
Pull his legs out,
taking him down on his back.



4
Keep hold of his legs.



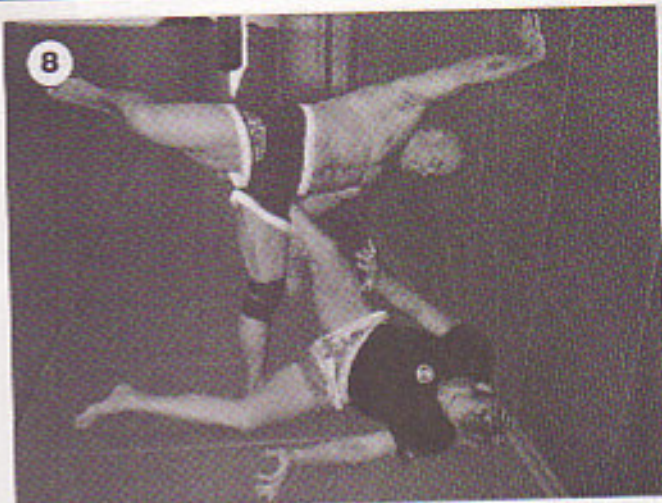
5
Heel stomp his head...



6
...striking like this.



7 If he shows any signs of continuing the fight, keep kicking him.



8 Now follow with a kick to his body.



9 The solar plexus or rib cage make good targets.

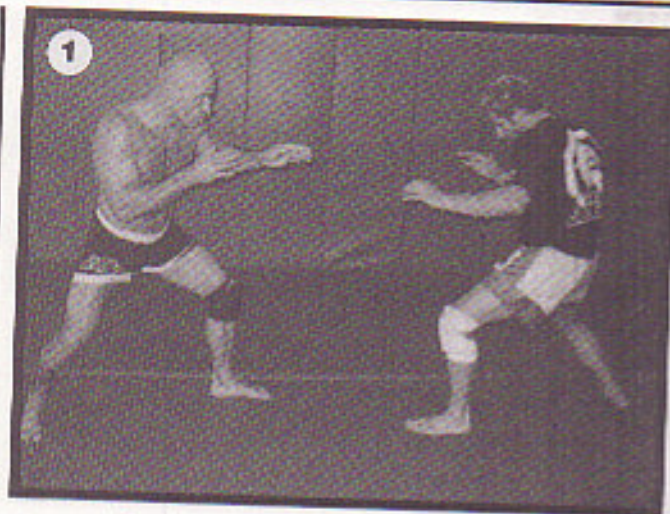


10 One I really like is stomping the leg.



11 Hit the side of the knee. Very painful!

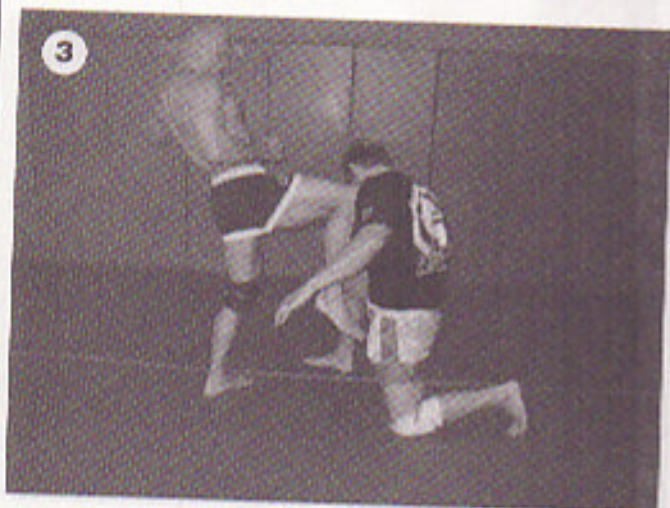
Training Notes



Defending The Takedown:
Fighting stance.



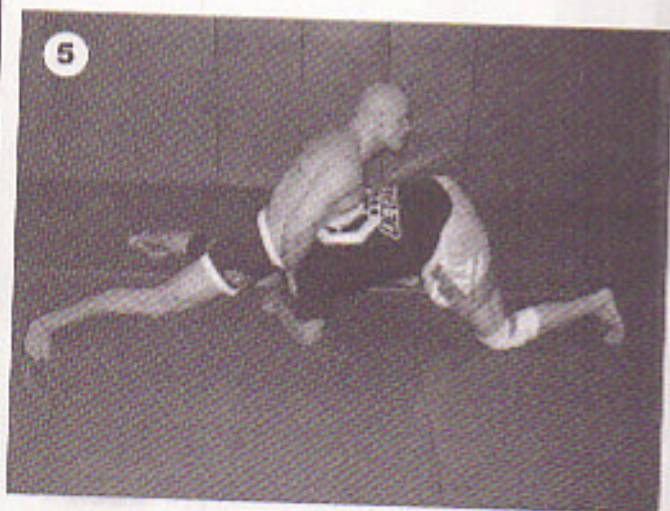
Step back a little as he begins to shoot in for your legs.



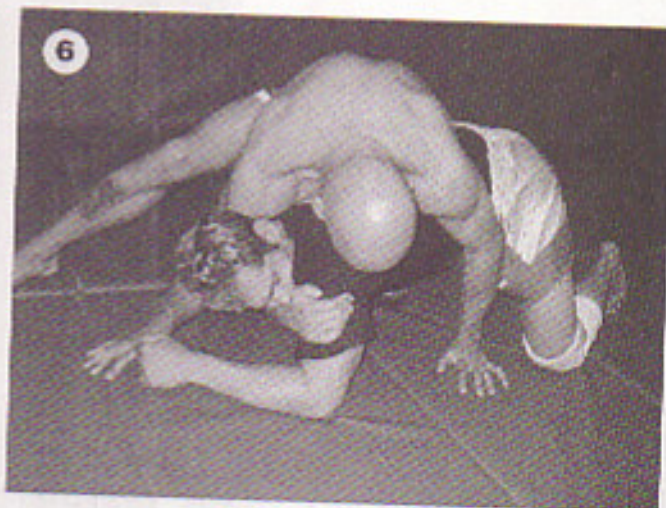
As he comes in, low knee his face.



Grab the head, pulling him forward.



As you pull, sprawl your legs out, bringing his head down to the floor.



Moving to your left, take his back.



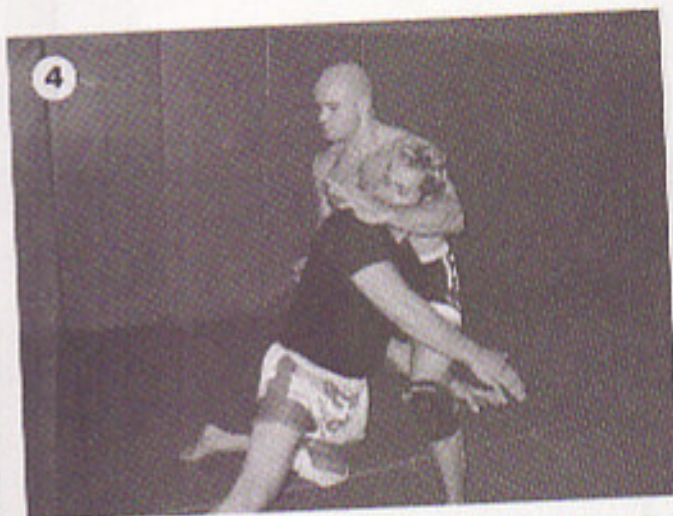
Defending The Single Leg Takedown:
Start position.



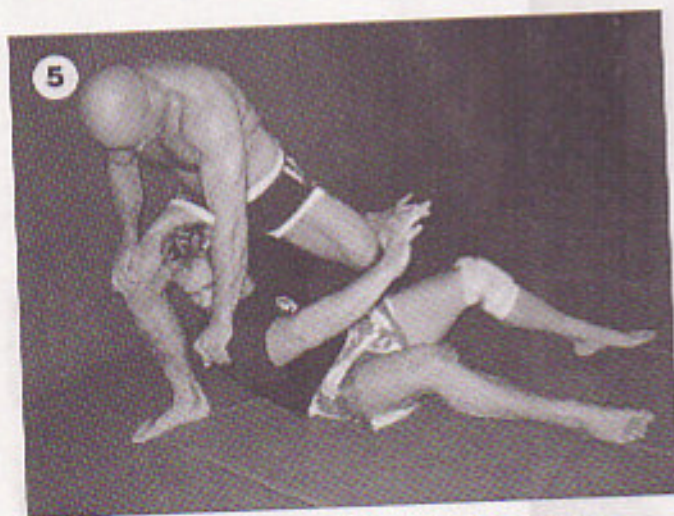
When he gets your leg,
cross face him.



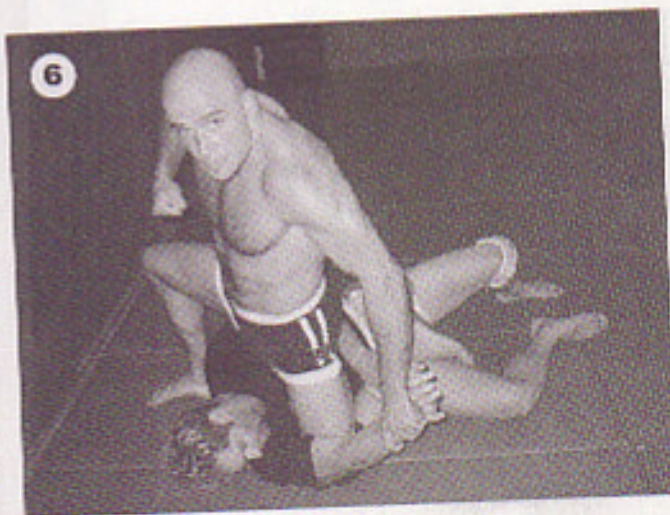
As you cross face with your left arm,
pull his head back.



Turn him over toward your right side.



Take him down while staying on top.



Take the mount position and
start hitting until he submits.



Defending Against The Single Leg Takedown: Starting position.



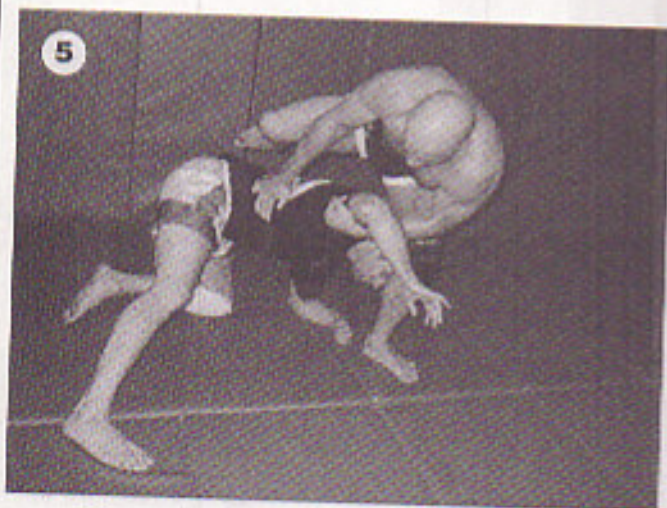
He shoots in for your left leg.



Push his head down with your left hand.



Under hook his right arm with your left arm.



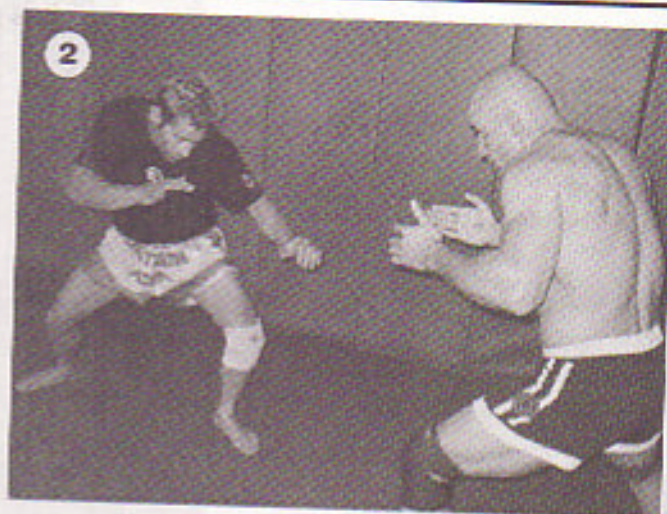
Step over him with your right leg.



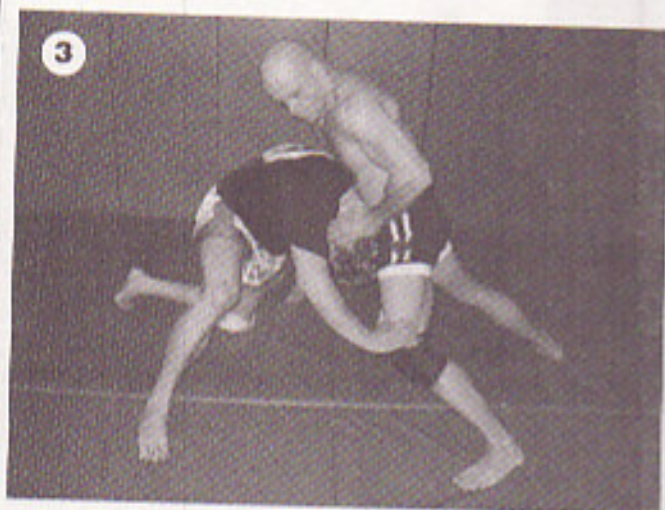
Control his right arm between your legs.



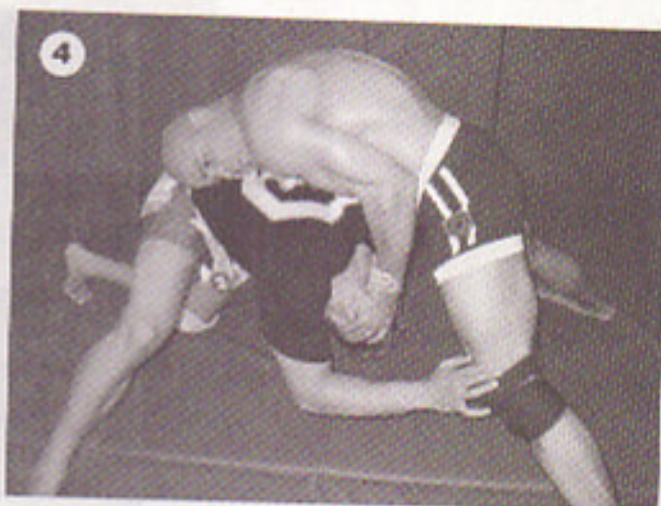
1
Defending Against The Single Leg Takedown: Fighting position.



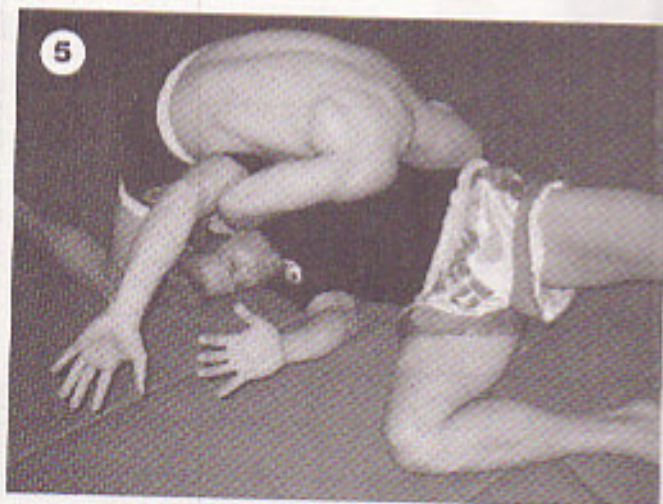
2
He shoots in for your left leg.



3
Now sprawl your legs back while pushing his head down.



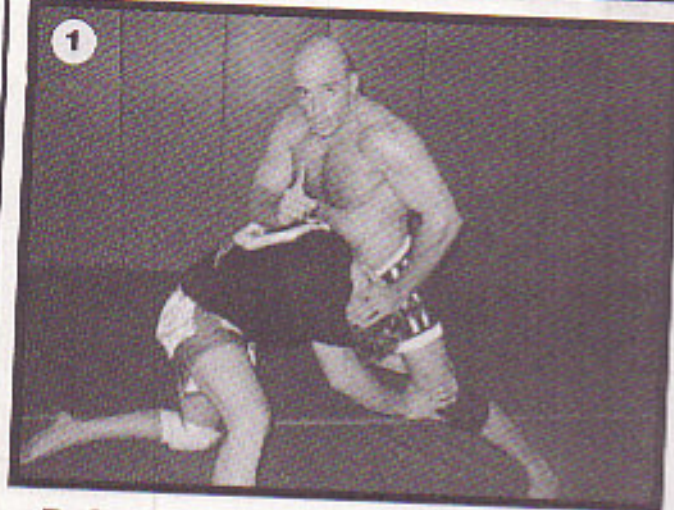
4
With your right arm, go under his left arm and grab your left wrist, pushing his head down as you pull under his armpit.



5
Roll him over to the left side onto his back.



6
This is how you should be holding his head.



Defending Against The Takedown:
Another technique from this position.



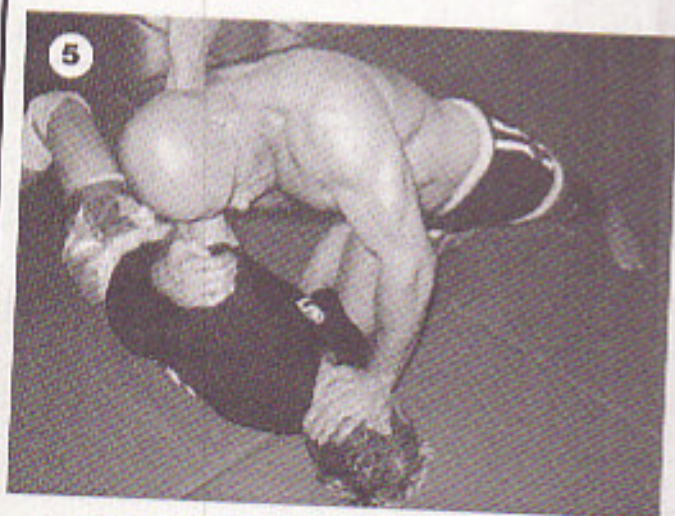
When you push his head down
with your left hand...



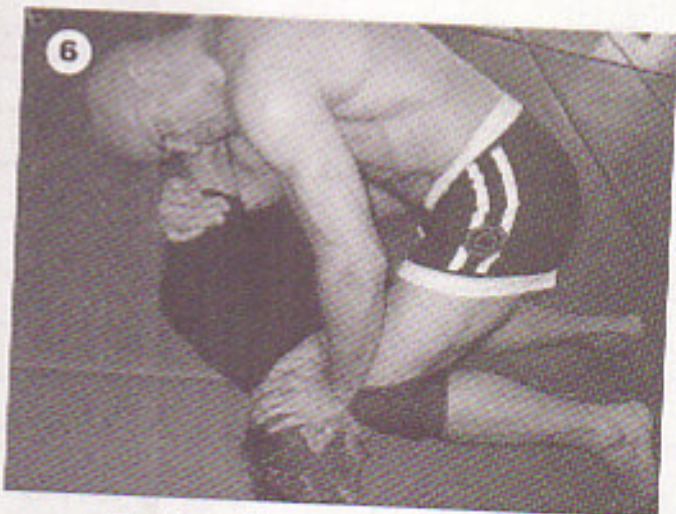
...slide your right hand
under his left armpit.



Now push his head down and
pull his left arm over to turn him.



Flip him over into this position,
keeping control of his left arm and head.



Finish with a knee to the face.



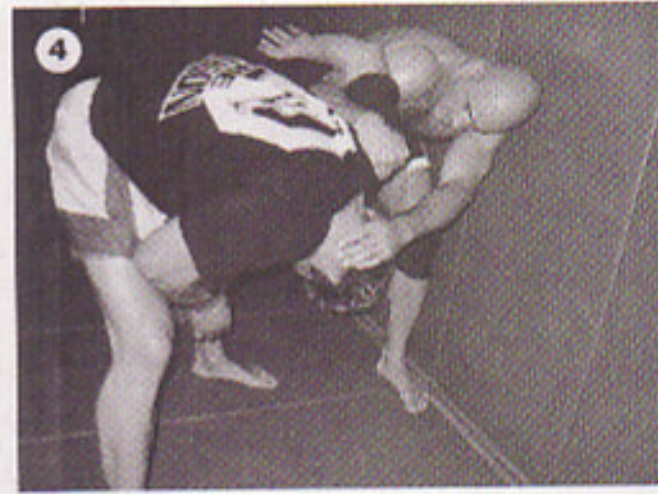
1
Takedown Defense Against The Wall:
You're against the wall in this position...



2
...under hook his arms with both hands.



3
Now slide your right hand
up on his shoulder.



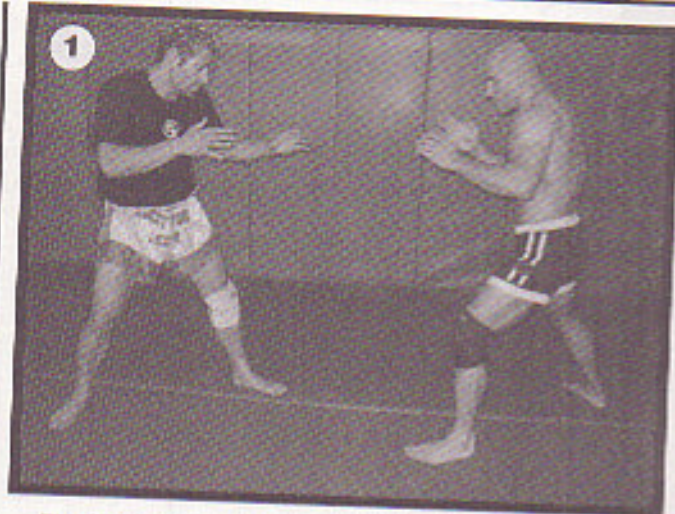
4
Push his head down with your left hand
while turning him into the wall.



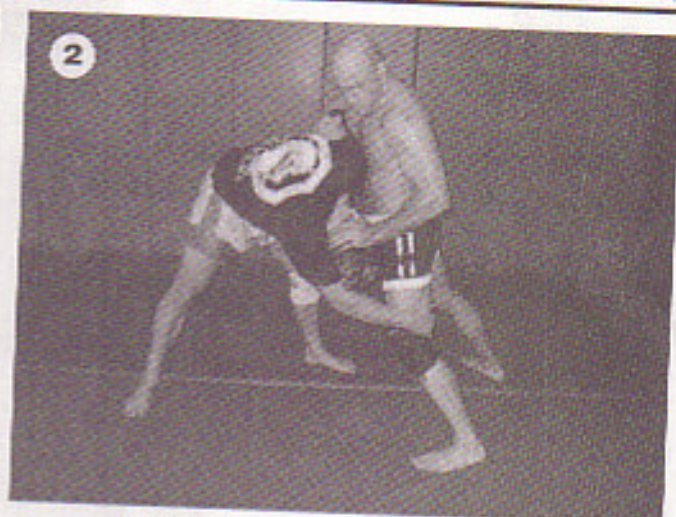
5
Turning him will open his body
for a perfect knee strike.



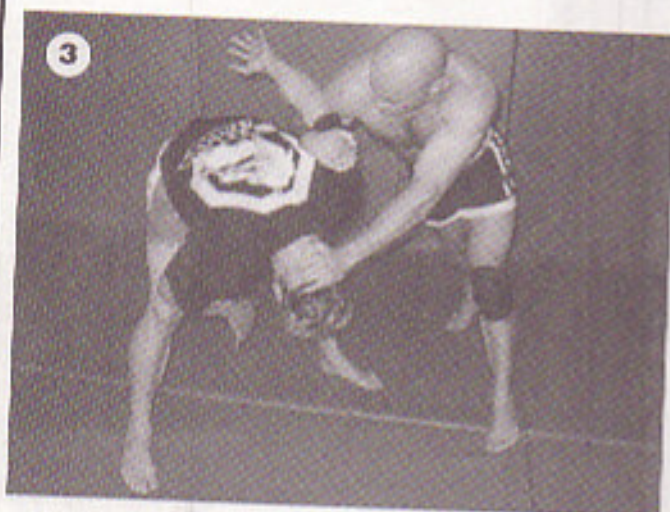
6
Execute a right knee to his head or body.



Defending Against The Double Leg Takedown: Fighting stance.



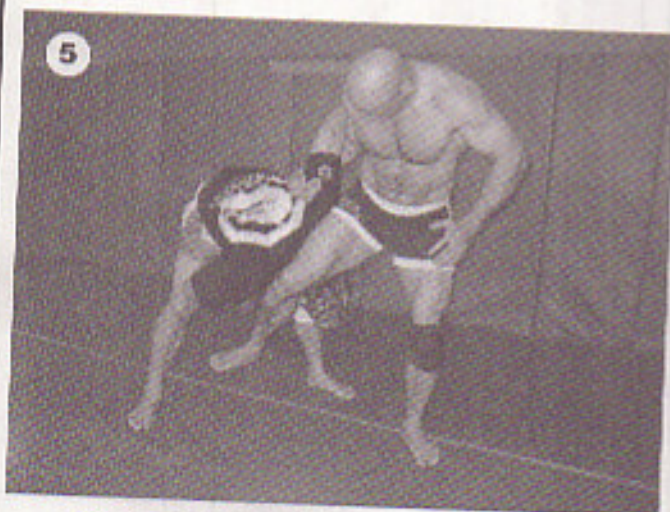
As he shoots in for both legs, sprawl your legs back.



Under hook his left arm with your right, as you push his head down.



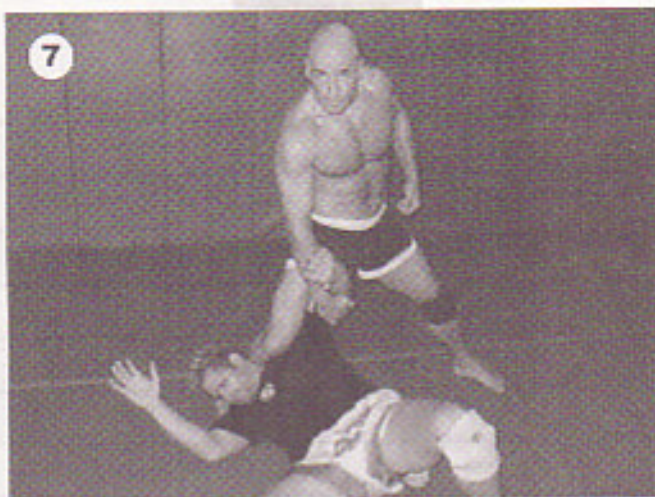
Knee his face with your right leg to distract him.



Keep control of his right arm while hooking your right leg over his head.



Throw him over your right leg.



He will land on his back and
you will be in a good striking posture.

Training Notes

Training Notes

Bas Rutten's Big Book of Combat Volume 1

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★ Bas Rutten's Big Book Of Combat ★



Traditional Roots:

That's me side kicking as a young Green Belt in Holland. I started in traditional martial arts and hold ranking Black Belts in Mas Oyama's, Japanese Kyokushinkai Karate and Korean Tae Kwon Do. Traditional martial arts offer a great foundation for mixed martial arts and it upsets me when people put down the value traditional training. Everyone has to start somewhere and traditional martial arts training is a great way to begin before moving on to NHB or other styles of mixed martial arts combat. The combination of traditional techniques with takedowns and submission grappling is sure to give you an unbeatable fighting system. To be successful keep an open mind to all the fighting arts and what they have to offer.

Bas Rutten's BIG BOOKS of COMBAT

**TRAIN
AT YOUR
OWN
RISK!**



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- Publisher: Joseph Jennings
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ON GETTING HIT IN COMBAT

Getting hit is never fun. To avoid getting KO'd you need to make sure you see the punch or kick coming. Remember what I have told you numerous times, to "always keep your eyes on your opponent". If you don't see the strike that will probably be the one that knocks you out!

A strong jaw is always good to have but you either have one or you don't, it's not something you can train for. A "glass jaw" is what they call it when you have a weak chin and are easily knocked out when hit. Being in very good shape helps from being KO'd. The better condition you are in enables you to take shots better and recover quickly. For example if you get clocked and they give you a standing 8 count (only in boxing or kickboxing because NHB does not use standing 8 counts), you have the chance to recover from the hit and keep on fighting if you are in top shape. On the other hand the disadvantage of having an 8 count is the fact you have an equal chance to absorb more punishment to your body and brain before you are mentally clear. And critics have the gall to say NHB style of fighting is dangerous. People who say that should think about what an 8 count in any striking game can do to you. Imagine you get hit they give you an 8 count and you are sent back out to take more hits. In some cases you can get three 8 counts in one round. Now that is what I call dangerous! In NHB there is no 8 count because in a real fight there are no referees to stop the fight, you would be finished the second you get clocked. That is the moment you can end the fight when your opponent is still dizzy and you can do what you want with him. This is why in NHB competitions the referee stops the fight right there.

What happens to the brain when you get KO'd? Brain damage is a real issue when punches or any other strikes such as elbows and knees are used in making jarring contact to the head. The term "punch drunk syndrome", also known as "dementia pugilistica", originated when practitioners of the sport of boxing exhibited slurred speech, memory loss, anti-social behavior and disorientation. Disorders caused by this type of brain damage can be similar to general paresis (syphilis of the brain) but without syphilis, multiple sclerosis, Alzheimer disease and Parkinson disease. Basically in fighting when you get punched, kicked, kneed, or elbowed to the head your brain is slammed against your skull. This is where the damage occurs. In different studies, 15-40% of ex-boxers have been found to have symptoms of chronic brain injury. Most of the boxers have mild symptoms. Recent work, employing detailed psychological testing and MRI scanning, has shown that most professional boxers (even those without symptoms) have some degree of brain damage. Although obviously symptomatic cases still occur, they are

ON GETTING HIT IN COMBAT Continued...

less common today probably because today's boxers have fewer bouts and shorter careers, resulting in fewer blows to the head and less cumulative brain injury.

Contrary to boxing NHB, or mixed martial arts, is safer because there are other ways to end a fight besides assaulting the head in hopes of a knock out. Where boxers are disgraced when they "quit" an NHB fighter suffers no such dishonor when he "submits" or taps out. In NHB or MMA there are so many ways to convince an opponent to concede other than strikes to the head which cause the KO and can lead to brain damage. You can strike, kick or knee the body and/or use a variety of submission holds (leg locks, chokes, arm bars, etc.) to cause an adversary to retire for the match with no danger to the head or brain.

Any way you look at it all fight games pose a risk but if you train hard and fight smart you should have a long and healthy career in mixed martial arts.



Wladimir Klitschko of the Ukraine knocks out Frans Botha of South Africa for the World Boxing Organization's World Heavyweight Championship Title in Stuttgart, March 16, 2002.

A BRIEF HISTORY OF MIXED MARTIAL ARTS

Before we get into discussing the mixed martial arts revolution that has swept the globe over the past decade, we need to take a look at what preceded it. Kickboxing was introduced in the United States in the early 1970's. A clear offshoot of the freewheeling philosophy of the late great Bruce Lee that full contact was necessary to reach the top level of martial art training, kickboxing was also a way to end the many debates and controversies that had piled up in the mini-world of karate competitions. Back then karate tournaments were supposed to be contested with "controlled" strikes but rarely ever were. Disqualifications and politics left many bitter and disillusioned about having a level playing field. Out of strife came change and the logical conclusion was if people fought to the knockout, that would settle the bickering and only one champion would emerge. So after a few outback experiments, kickboxing, or "full contact karate" as it was called back then, made its first splash. The event took place on September 14, 1974 at the Los Angeles Sports Arena and aired as a 90-minute special on ABC's Wide World of Entertainment. But during the same year some wanted to test the limits of martial art competition even further. A man from Hawaii named Tommy Lee (no relation to the drummer of Motley Crue) held the first no holds barred tournament in the US. The show was called the World Series of Martial Arts Championship (WSMAC) and was held over a 2-day period, November 14 and 15, 1974. It was an open weight tournament where kicks, punches, knees, elbows, throws and pins were all legal. After 2 grueling days of competition the field of over 50 competitors, which included street fighters, boxers, wrestlers, Kung Fu practitioners, Karate men, etc., was whittled down to Benny "The Jet" Urquidez against Hawaiian Dana Goodsen. Urquidez, who was a foot shorter and outweighed by almost 80 pounds by Goodsen, decked the big man twice and pinned him once in the finals to win the decision and the title. The little man had beaten the big man. Sound familiar? The no holds barred craze never caught on back then. But that historic event in Hawaii was indeed a sign of things to come when almost 20 years later the Ultimate Fighting Championship debuted on live pay per view in America on November 12, 1993. The brainchild of Rio De Janeiro native Rorion Gracie and advertising exec Art Davie the UFC was an 8-man no holds barred tournament held in an octagon shaped cage with competitors coming from jiu-jitsu, sumo, savate, kickboxing, shootfighting and boxing. In the first four shows there were no time limits. The results were unpredictable, entertaining and conclusive. The show instantly became a certified hit when 175 pound Brazilian Royce Gracie won 3 out of the first 4 tournaments, defeating men who outweighed him by as much as 85 pounds. All the while Americans were enjoying this 'new' style of combat entertainment, a Japanese organization named Pancrase began hosting similar style fights to the UFC on September 21, 1993 on the other side of the world. While grappling was becoming all the rage in America, a man named Bas Rutten turned in many stellar performances using striking techniques under the jurisdiction of Pancrase. In the beginning Pancrase had far more rules than the UFC. But soon the UFC, fighting for survival as an organization, had to adopt rules that prohibited headbutts and groin shots to appease politicians. Pancrase on the other hand, which only allowed palm strikes to the head eventually changed to closed fists like the UFC. The term "no holds barred" seemed to no longer fit and the updated version of this hybrid fighting style was now being called "mixed martial arts" or MMA. This phrase, MMA, was a better description of the emerging sport and shed the baggage and negative stigma attached to the outdated term, NHB. Soon a new powerful MMA organization emerged in Tokyo. On October 11, 1997 the PRIDE Fighting Championships entered the marketplace. This event, which featured the talents of such notables as Japan's Kazushi Sakuraba and two men from Brazil, Rodrigo "Minotauro" Nogueira and Wanderlei Silva, soon established itself as the leader in MMA paid attendance (highest attendance so far was over 53,000 spectators).

A BRIEF HISTORY OF MIXED MARTIAL ARTS Continued...

A Few Thoughts About the Ever-changing Rules of MMA

The rules of MMA have gone through as many configurations as one can imagine. There have been times where each subsequent show of an event would produce new rules. With PRIDE and the UFC establishing themselves as the two dominant forces in the sport there are currently clear similarities and differences between their regulations for contests.

Main Similarities:

Both the UFC and PRIDE allow punches, kicks, knees, wrestling, grappling, takedowns and submission holds; fighters can win by knockout, referee or doctor's stoppage, submission, judges decision or disqualification. Illegal techniques in common are: eye gouging, biting, headbutts, striking behind the head or spine and fish hooking. If the action on the ground slows down the referee has the option to restart the fighters standing. Both shows now have weight divisions and no-tournament, single fight championship matches. Both require athletes to wear gloves when they compete. And yes, both events have ring girls!

Main Differences:

The UFC has five weight divisions: heavyweight (over 205 pounds/93 kilos), light-heavyweight (185-204.9 pounds/92.9-83.9 kilos), middleweight (170-184.9 pounds/77.1-83.9 kilos), Welterweight (155-169.9 pounds/70.3-77.1 kilos), lightweight (154.9 pounds/70.3). PRIDE currently has two weight divisions: heavyweight (over 205 pounds/93 kilos) and middleweight (under 205 pounds/93 kilos), UFC undercard matches are held with a duration of 3-five minute rounds. UFC title fights are held for a duration of 5-five minute rounds. All PRIDE fights are held for a duration of 3 rounds: one round of 10 minutes and two rounds of five minutes each.

PRIDE is held in a boxing ring while the UFC is held in an octagon shaped cage.

Knees and kicks to the head of an opponent who is on the mat in a four point stance (hands and knees or elbows and knees) are prohibited in the UFC but legal in PRIDE.

In PRIDE when two fighters who are on the ground begin sliding under the ropes towards the outside of the ring, they are restarted in the same ground position they are in at the center of the ring. In the UFC it is not possible to slide out of the fence so if they appear to be in a position, while up against the fence, of inaction or a stalemate it is up to the discretion of the referee to restart the fighters standing. PRIDE matches are judged on their entirety, with special attention going to the fighter who tries to end the fight. The UFC is scored on a 10-point must system, similar to boxing, where the rounds are tallied at the end of the match.

A Final Thought About MMA

If you look back at the fights in 1993 and see how they stack up to the contests of today, with few exceptions there is no comparison. Fighters are better because the science of training is constantly changing and improving. Time marches on and ways to victory become more refined. Part of the reason for this book is to open your eyes to what is currently here at your fingertips, knowledge wise. But don't think the answers are always technical. Take boxing for instance; there are about a half dozen basic ways to throw punches. Then it's up to you to be clever and refine the setup and all the other tricks that result in victory. Keep one eye on history and the other eye on your future development.

BAS RUTTEN'S BIG BOOK OF COMBAT VOL. 1

Bas Rutten from the Beginning...

by Stephen Quadros



Born February 24, 1965 in Tilburg, Holland

Things weren't always rosy for the man who would become an international mixed martial arts legend in his own time. As a child Bas Rutten was afflicted with asthma and a skin disease. As a result he had few friends. Then at the tender age of 6 he developed rheumatism that had him laid up in a hospital for 6 months. These seemingly insurmountable roadblocks ironically turned out to be this natural warrior's first victories in the battlefield of life. Rejection, like a very destructive opponent in the ring, can make a person do one of two things: quit or dig deep, rise up and win. Being spurned and isolated by other children may also be the most significant forging factor in the development of his two most powerful traits: his ability to charm and his deadly fighting prowess. Only a true could have emerged victorious from such a behind the 8-ball beginning and harvested a strong enough self-esteem to don himself "El Guapo" (translated from Spanish into English means 'the handsome one'). Growing up Bas was drawn a favorite pastime: climbing, both trees and houses. At this time he was also

nourishing his imagination with a steady diet of Marvel comic books. Each evening he would climb onto a rooftop and dream of having the powers of his favorite heroes: Spiderman, Wolverine and the Fantastic Four. Because he lived next to a forest he developed an amazing ability to climb from tree to tree, travelling through the woods without ever touching the ground. This skill saved him on numerous occasions from bullies. When Bas was 12 years old he started doing athletics and found he excelled at high jump, long jump, javelin and discus. But it was when our hero snuck into a movie theater in France with his brother that his life was about to change forever. The year was 1976 and the feature was "Enter The Dragon", Bruce Lee's martial arts manifesto. The road was now crystal clear. As soon as he returned to Holland Bas made himself a pair of nunchuks, which he even wore around his neck when he went to the grocery store. Like so many other kids in that era he went to all Bruce Lee's films and began to emulate his every move. After constant begging his parents finally relented and signed him up at a Tae Kwon Do school. After only 4 weeks training Bas got into a street fight with a bully who always bothered him. One punch and one broken nose later (the other guy!) Rutten was sold on martial arts. Unfortunately his parents found out about this little shenanigan and pulled the plug on the martial arts. But Rutten continued to train on his own occasionally ending fights before they even began by hoisting his foot up and holding it in the aggressor's face, convincing them to just give up such notions. He formed a group comprised of outcasts. They called themselves "The Champions". The fights started to occur more frequently. Forbidden to train in martial arts, Rutten was left with little choice but to leave home. At 20 he moved in with a girlfriend and got back into Tae Kwon Do, then karate and eventually Thai boxing, which he was soon competing in. After racking up an undefeated record in Thai boxing Bas was soon working as a bouncer in a nightclub. This job as

a doorman really cramped his competition career, not to mention his training. Now it was time for lessons only learned from the school of hard knocks. As Bas describes it, "After four years of partying and bouncing somebody asked me on New Year's Eve if I was interested in fighting against Frank Lobman, a very dangerous fighter at that time with no losses and a 90% KO rate. He had just come out of jail and wanted to fight again. I was drunk and said, 'OK, no problem.' They started to promote the fight and about four weeks before the fight they asked me if everything was still on. I had completely forgotten that conversation I had on New Year's eve. But they refreshed my memory and I thought that there was no way that I could refuse this. OK, I said, let's try it. So now I needed a good school to train at. My pick was Maeng Ho in Holland. That is the gym where Ramon Dekker (one of the greatest icons in Muay Thai) trains. I always looked up to him. My first workout there I couldn't even finish the rope skipping. I should have had trained much longer for a fight like that but hey, the best lessons are the ones you learn the hard way. I lost that fight."

"Another time I had a fight against an upcoming guy named Renee Roze. It was a real good first round. But then the guy actually bit a hole in my ear in the second round. While he was biting I warned him to let go of my ear but he wouldn't. So my reply was a knee in the groin with all the power I had. Then a big brawl broke out. I brought around 30 bouncer friends with me to watch the fight. He had brought a bunch of tough guys with him too. They all started to fight. It was a funny thing to watch."

"My next fight was against a French guy. I trained really well but the last week I got an infection. And on top of that I was invited to stay a couple of days in 'The Police Hotel' free of charges because I was in a street fight with my friends and the cops had some questions. Two days before the fight they let me go and stupid me I fought that fight. The first round I knocked the guy down three times but they counted only one two times because the third one was with an illegal back fist (?), a new rule or something that they made up. Anyway, because of the medicine for the infection I guess, my body got real tight and I had to stop the fight in the beginning of the second round. I couldn't breathe any more so that was it. Then the people started to say things like they always knew that I couldn't fight. All the fights I had won (14 of them) I had won by KO and now they say I cannot fight? Why bother and try to entertain these dumb people, is what I thought and I swore never to fight in Holland again."

But El Guapo still had the martial art feeling deep in his bones and wanted to do something else, something new. Ever the natural entertainer, Rutten started to perform martial arts shows set to music in discotheques. This simple concept began to take off and he soon found himself at larger venues and eventually television. At one of these shows Bas was approached by a man named Chris Dolman. Dolman had a reputation and being one of the forefathers of mixed martial arts in Holland, which at the time was called "free fight". He asked Bas if he would like to fight in Japan for him. Soon Rutten was getting his first taste of grappling. In the first class he was confident that he could withstand a chokehold. The result was his throat got so sore that he couldn't eat for about four days! He lived 80 miles from the gym and while driving home he had to call his wife and tell her he was so tired that he would have to sleep in the car next to the road. She laughed and asked if he was ever going to go back. He said he would not only go back but in the coming months tap out all the guys who submitted him. In his words the change came quicker than he expected, "I couldn't train a lot, I was still bouncing and teaching and Amsterdam is 80 miles away from my home town. In Holland, 80 miles is a lot, the whole country is maybe 200 miles big. Also I had some injuries and that kept me away from training. Then one day Chris Dolman gave me a call and he told me that there were two Japanese guys coming to watch the training and that they were searching for fighters for a new organization called Pancrase (at the time Japan's cutting edge mixed martial arts event, also known as 'hybrid wrestling'). They were Masakatsu Funaki (a gifted martial arts

fighter who founded the organization) and Minoru Suzuki. So I went to the school and met them. They were watching my training and when I was sparring with a big name from Japan and he really tried to hurt me. I kicked him in the head and sent him to the hospital for a few stitches in his eyebrow. That was it, they wanted me to fight for them in Japan!" So four weeks later he had his first in Pancrase. The date was September 21, 1993 (yes, this was BEFORE the Ultimate Fighting Championship debuted in the US). Rutten explains, "I will never forget this. You have to understand that I came out of Thai boxing and 6 pounds more on somebody would put him in a different weight class. I found out that my opponent was about 50 pounds heavier than I was. On top of that, I thought that there were rounds, because I was used to fighting 5 rounds of 3 minutes each. When I asked them how many rounds there were they said, 'one round'. I thought, man, that's good! How many minutes for the round? 'Thirty' they said. Now I tried to bluff, 'All right, very good, I'm in a very good shape so that will be OK.' But in my mind I thought 'Oh my God...30 minutes!' Now, in Thai boxing I always was a pretty aggressive fighter. That is OK if you have rounds and you can control the pace a little bit. But I wondered what would happen if I tried to knock him out in the beginning of the round, threw all my energy out and still had 25 minutes to go? The guy would kill me. So I put two 'R's' on the palms my hands. The R on one hand meant 'rustig', a Dutch word which by coincidence when translated into English the same as 'relax', which was what the R represented on the other palm." But all the worry was unnecessary as Bas knocked his opponent out in 43 seconds. Then without any planning, when the fight was over, he jumped up into a split kick four times to each corner of the ring. This move, termed the "Rutten Jump" along with the R's on his palms became his trademarks during this period.

Then it was time for Bas to continue his hard knock education in the ways of the fight game. "For my second fight they woke me up at eight o'clock in the morning and had me travel until we arrived at the place where I had to fight at 3 in the afternoon. Once I was there I had to wait around for about five hours and then fight. Also you have to understand that when you go from Holland to Japan you have bad jetlag. You fall asleep at seven in the morning in Japan, but 7 in the morning is 11 o'clock at night in Holland. So when they woke me up I had only slept for one hour! I was throwing up and my manager had to carry my stuff to the arena. The fight started and when you look at it it's really funny. I got caught in an arm bar because at that time I still didn't really know what to do on the ground. I made the major mistake which I tell my students never to do: when you are in the guard never stretch your arms. I did and I got caught. I felt so bad because of the traveling and no sleep that I wanted to tap. But then when I heard the people shouting for him I decided not to tap. Thank God Pancrase had "rope escapes" (A rope escape is when a fighter gets caught in a submission hold, he has the option of grabbing the ring rope, which causes the referee to momentarily halt the fight. The ref deducts a point from the fighter who grabbed the rope and escaped the submission and the match is resumed standing. The fighter with the most rope escapes at the end of the match loses). So I pulled him across the ring and touched the rope. The fight started again and then I kned him in the head and another knee on his liver and I won by KO! That was the moment that I told myself NEVER to quit in a fight because there is always a possibility that you can still win. It only takes one good shot and that's it." In his third fight for Pancrase the organization had figured out he was a striker and didn't know a whole lot on the ground. So there he was, standing in the ring opposite Japan's number one fighter, Masakatsu Funaki. "Oops. He caught me in a toe-hold, a move I had never even heard of! It was very painful and he won the fight. I knew that I had to train more on submissions but I had nobody to train with close by. In Amsterdam I had people to workout with but that was far away. So I trained there only once a week. I kept fighting and still did well, even though I didn't train submissions enough. I then lost in Pancrase for the second time against Ken Shamrock, dropped a decision to Frank Shamrock (but many people including myself thought I won that one) and one more loss after that against Ken. In the meanwhile I heard about this guy named Leon van Dijk. He was a young guy

who was also from Holland and he was very strong. We started to work out together and every time I caught him or he me, we wrote down what we did and how we tried to escape it in order to make ourselves better. After my last loss against Ken, Leon and I decided to stop training striking. We felt we already knew that part of the game. We trained grappling two times a day. Also I went sometimes earlier to Japan for a fight so I could train at the Pancrase dojo. Once there I kept my eyes open and kept notes. When I went home Leon and I would train the things I had written down. I never lost a fight after that. This period totally changed my life and now I actually started winning fights with submissions!

I became the King of Pancrase by beating Suzuki with a front choke. After that I successfully defended my title against Frank Shamrock by knocking him down two times and the referee stopped the contest. Then I had a rematch with Funaki. This fight was extremely important because he had beaten me the first time we fought. I knocked him down 4 times! I have to hand it to him, he showed a lot of heart and kept coming back. Many say that that was my best Pancrase fight but it was also Funaki's best Pancrase fight by showing the people what an unbelievable heart he has. In between those title defenses I fought regular matches."

"Then my wife became pregnant. But she also became very ill and there was a chance of losing the baby. Because of this I didn't go to Pancrase to defend my title, I wanted to stay at her side. Pancrase asked me to resign my title if I didn't defend it. So I did. Thank God because on the day that I was supposed to leave my little daughter Sabine was born only weighing two pounds. She had to stay in an incubator for 7 more weeks before we could take her home. My wife also had to stay for two more weeks and on top of that I broke my hand while filming a TV appearance."

"Before my daughter was born I came to visit Los Angeles. After being here for one day I called my wife and told her to get ready because this was the place for us. After the baby was born we waited 6 months and we moved to the US. My plan was to come here and start an acting career. Once I was here I found out that not that many people knew who I was, only the martial artists. I decided that when my contract was finished with Pancrase I wouldn't re-sign. That way I could fight for the UFC because that was the most known organization. I thought that this way the American public would get to know me and that would hopefully help get my acting career started. Now, from this moment on everything happened very quickly. In my first UFC match I fought against Tsuyoshi Kohsaka and won (by knockout). My second UFC fight was for the title against Kevin Randleman. In that one I won a decision and became the UFC heavyweight champion. I resigned the heavyweight title because I wanted to fight in the middleweight division (which is my natural weight). My goal was to become the first man who won a heavyweight and a middleweight title. Then I sustained a number of injuries: a shoulder problem, I twisted my knee and the last one, I tore my biceps."

"I was also starting to work in movies and TV shows, I was a guest star in "Martial Law", and "18 Wheels of Justice". I had a small part in the hit sitcom "The King of Queens", worked on a TV series in Canada called "Freedom" for 6 months as a fight choreographer for the lead actor in the series. I also guest-starred in an episode of "Freedom" and then I did two movies, "Behind The Story" and the last one with my old opponent from Pancrase, Funaki. It was kind of ironic because in that film, which is titled "Shadow Fury"; Funaki and I fight each other for the third time! Only this time as super fighting clones!"

"I'm look forward to stepping from my fighting career into a successful acting career."

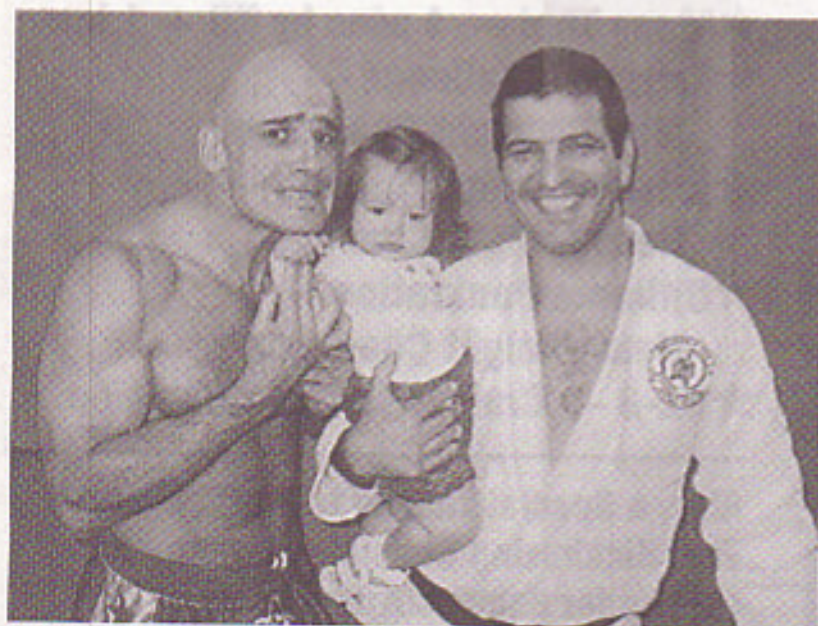
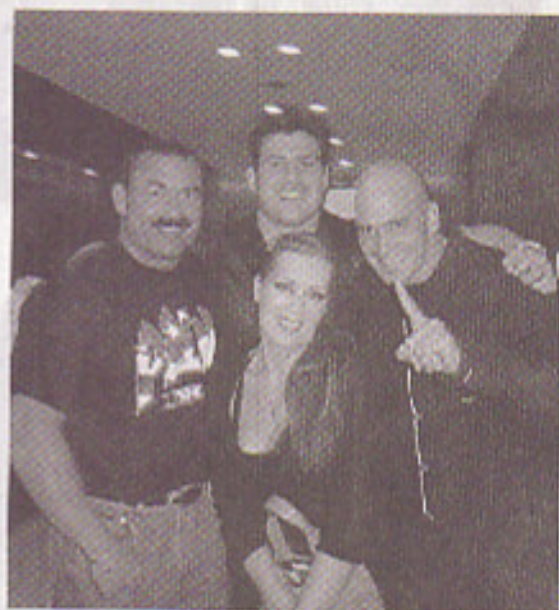
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Bas first car at 19 years old a 4 cylinder 100cc Mini Cooper made in England at the time. The Mini Cooper is now being re-issued by BMW!



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SPECIAL THANKS to my student and future NHB Champion **AMIR RAHNAVARDI**

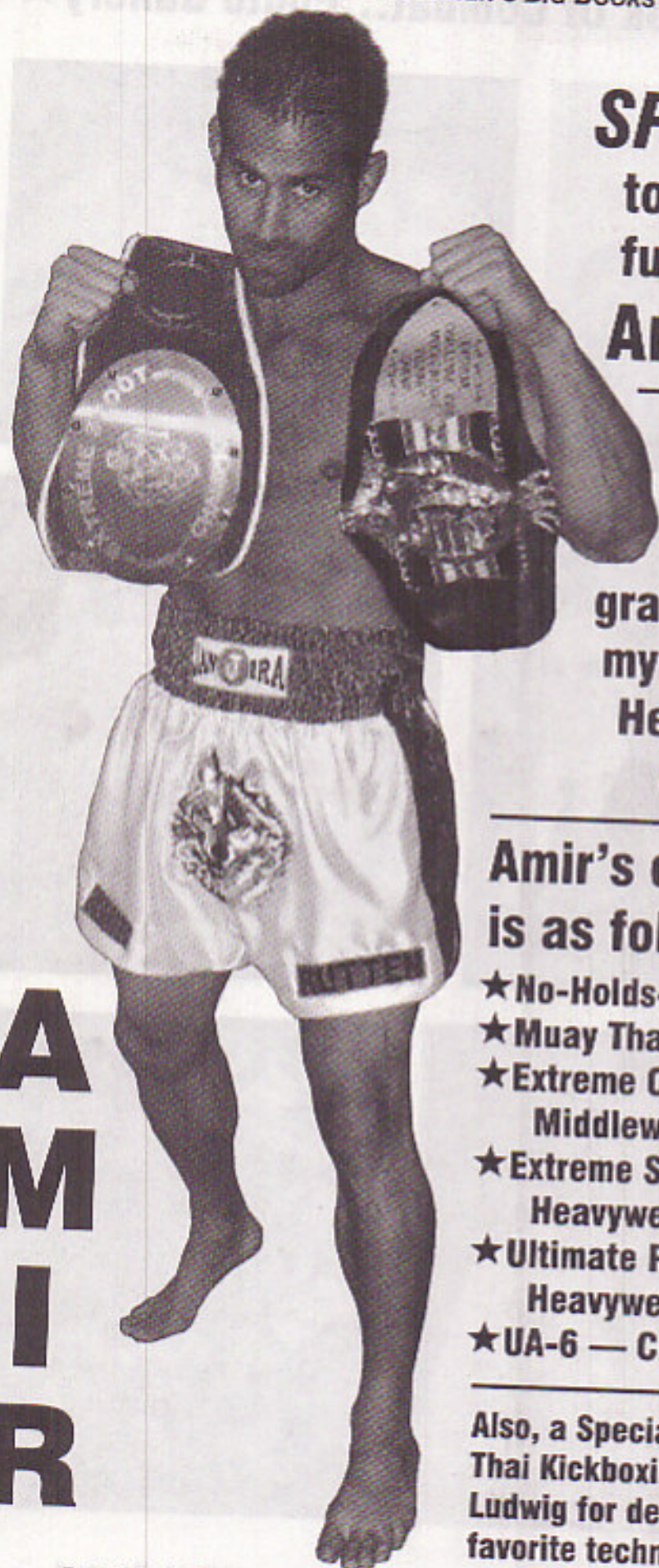
Amir survived me
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Thai Kickboxing Champion Duane "Bang"
Ludwig for demonstrating some of his
favorite techniques in Big book 1.

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★SPECIAL THANKS★

To my friend Brazilian Jiu Jitsu Master and Champion Marcus Vinicius, owner of the world famous Beverly Hills Jiu Jitsu Club. Master Vinicius graciously made his academy available to us, for over a year, 7 days a week, 24 hours a day for shooting of the over 10,000 instructional photos needed to complete my Big Books of Combat, for which we are grateful!

Thank you Marcus, my Brazilian Brother!



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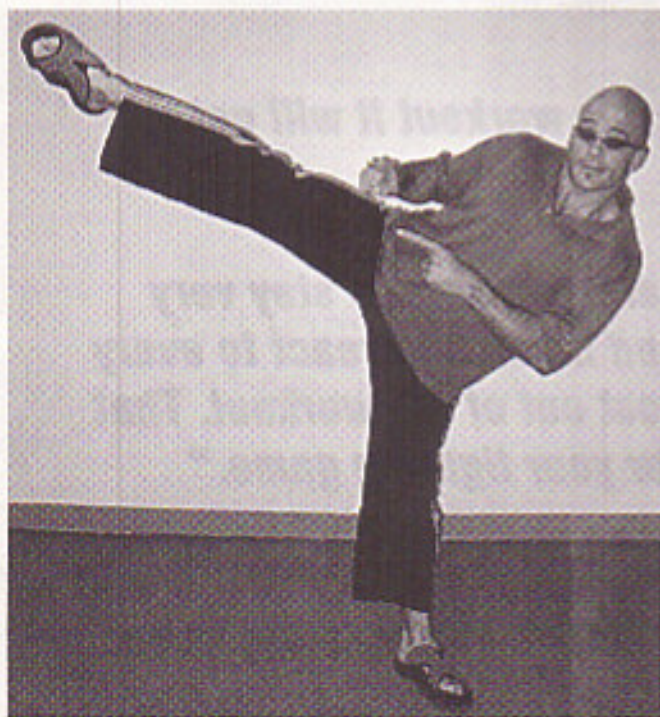
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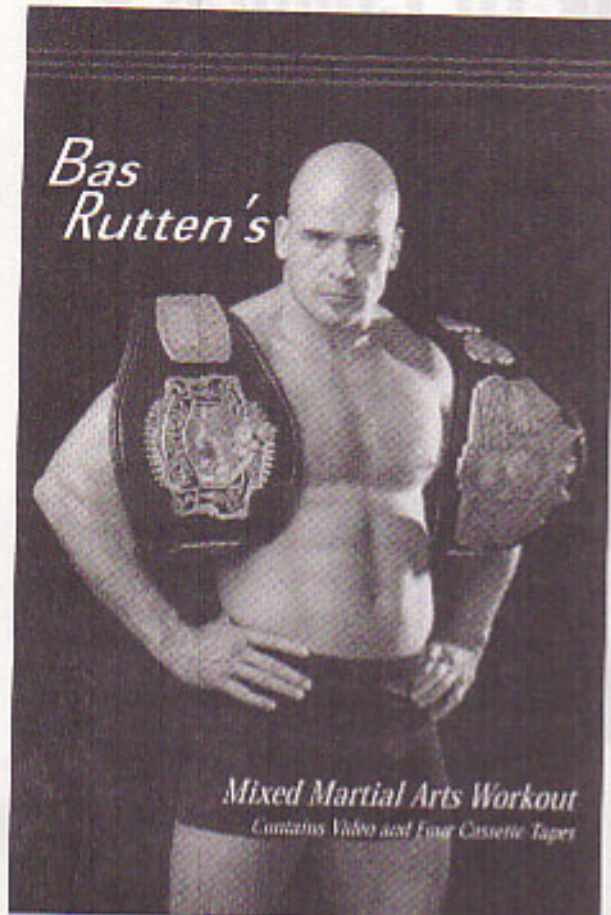
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Never stop developing your skills to become the best that you can be, and if you develop a great technique from something I taught in the book then please share it with me because like I said I am always learning.

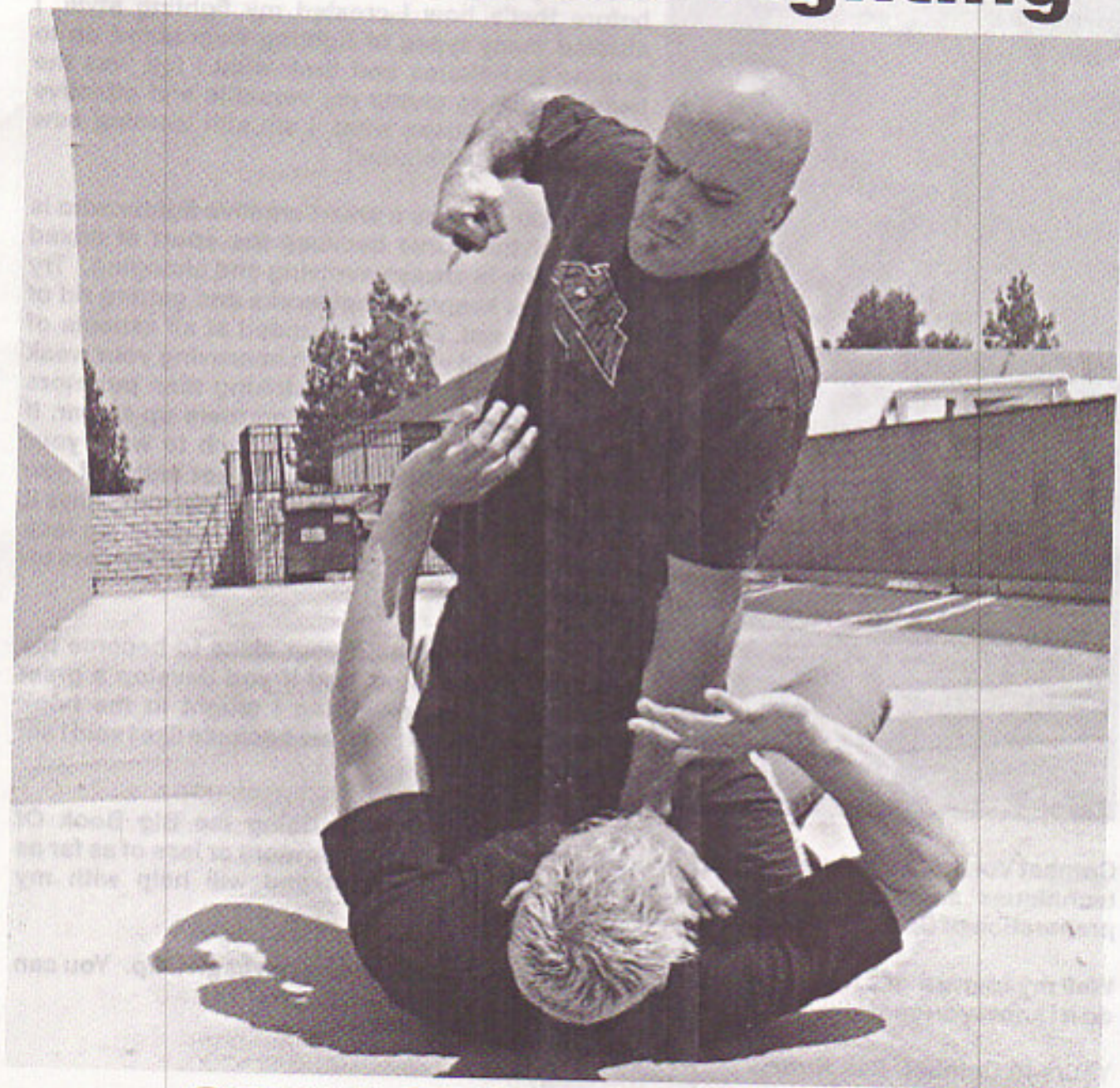
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Yours in Combat, *Bas Rutten*

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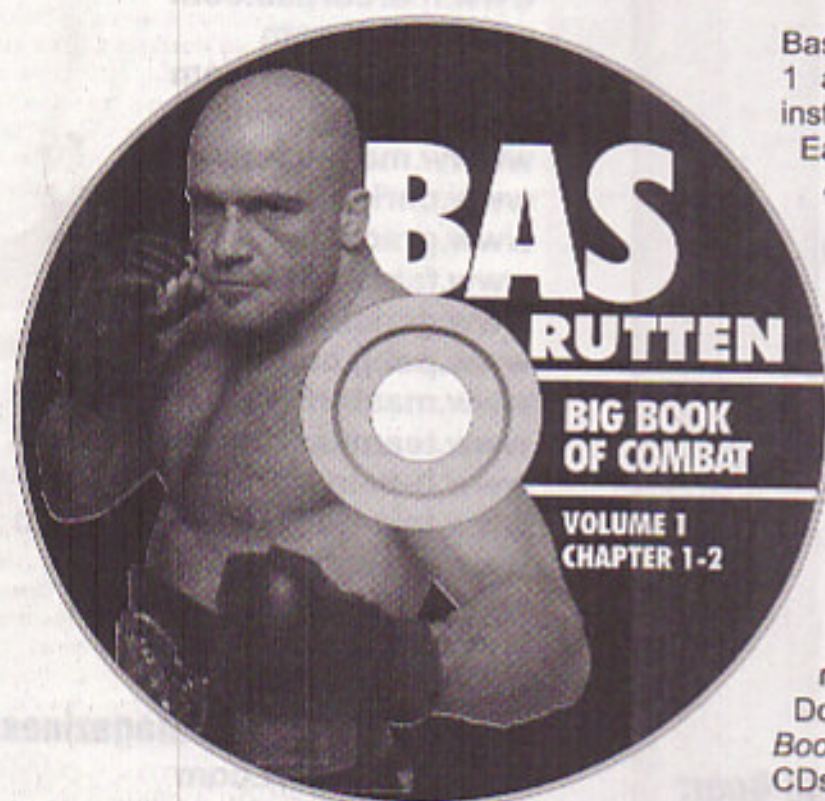
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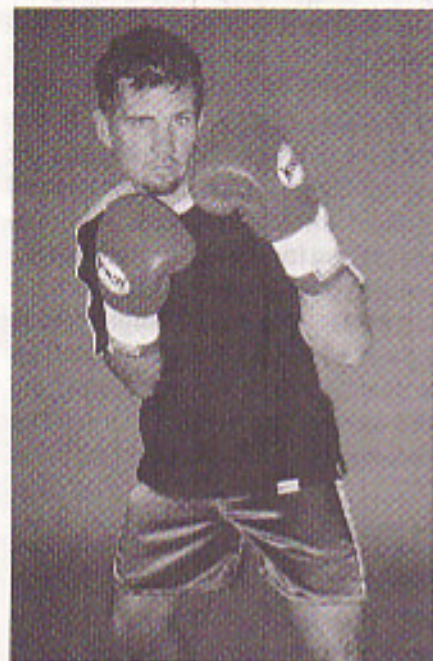
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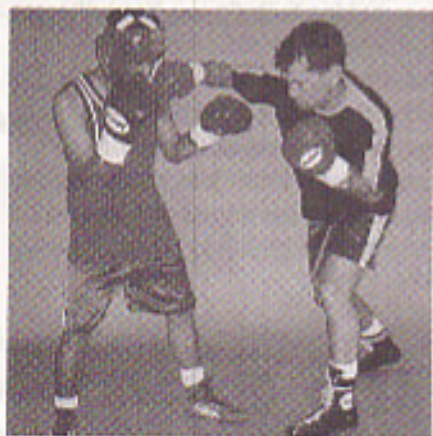
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★ Chris Getz' **ULTIMATE BOXING** Instructionals ★

1. Chris Getz' **ULTIMATE BOXING** Fundamentals



The only way to survive in the ring or on the street is to be prepared and in this important lesson Coach Chris Getz prepares you by teaching all the important boxing fundamentals needed to make you a successful fighter. These are the boxing fundamentals all great fighters start with and from which all advanced techniques are built on. By being patient and taking the time to master the fundamentals you will be on your way to becoming an unbeatable boxer! Just some of the fundamentals Coach Getz teaches you in this important lesson include: correct fighting posture and guards, stances and foot positions, classic boxing footwork and leg movement, pivoting and angle movements for getting the advantage over your opponent, ranges of combat, the importance of safety first, punching drills and basic punching techniques including the single and double jab to the head and body, the left straight and right cross to the head and body, the left and right hand uppercut, the overhand right to the head, and in excellent detail the devastating right and left hook punches to the head and body. Coach Getz also teaches how to use the heavy bag for developing unbeatable boxing stamina, speed, rhythm, and accuracy, along with a special lesson on how the body must move from the feet up to create superior punching power. You will be taught how to properly wrap your hands to avoid injury when punching and what equipment is needed for training plus much more. This tape is a must before moving on to the more advanced techniques featured in Chris Getz' **ULTIMATE BOXING** series. Don't Wait! Order this important tape today and you will be on your way to mastering the fundamental techniques needed to make you a champion boxer!

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2. Chris Getz' **ULTIMATE BOXING** Punching Combinations



This is easily the greatest tape ever presented on boxing punching combinations! Coach Getz teaches you over one hundred great punching combinations starting with basic 1-2 combos then moving all the way up to advanced multiple punching techniques. You will learn how to make your punches flow effortlessly and on target each time you strike your opponent. It's all here as you learn how to mix up your punches in rapid-fire combinations to the head and body. You will also learn how to work your combinations from different angles to confuse and open up your opponent for the KO! Unique footwork and body mechanics are taught which enable you to hit with maximum speed and power. From jabs to hooks and uppercuts all the boxing combinations you will ever need to win in the ring or on the street is presented in this must have boxing tape! Don't Wait, improve your fighting skills and develop machine gun punching combinations by ordering TODAY!

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3. Chris Getz' **ULTIMATE BOXING** Defensive Techniques



Now you can develop an unbeatable boxing defense with the help of this valuable training tape. Learn how to hit without getting hit as Coach Getz teaches you the essential techniques needed for blocking and evading your opponent's punches. This dynamic tape includes defensive blocking, parrying, sidestepping, slipping, ducking, bobbing, weaving, evasive footwork and more. As they say in boxing a good offense comes from first having a good defense and this tape will give you the best defensive moves in the game. Coach Getz shows how to read and prepare your defensive strategy in advance of your opponent's attacks. This sensational tape will give you the winning edge in the ring or on the street, as you virtually become an invisible target to hit. Add this one to your **ULTIMATE BOXING** collection by calling TOLL FREE: 1-800-517-7445!

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Good counter punching skills are a must if you hope to go for the knock out or win by points in boxing competition. During a bout numerous punches will be thrown at you and to have the ability to counter these attacks with punches of your own is sure to give you the winning edge in competition or on the street. In this exciting lesson renowned boxing Coach Chris Getz takes you through a series of counter punching drills and techniques designed to counter any type of attack your opponent throws at you. Follow along as Coach Getz teaches counterpunching techniques against all types of punches including the right cross, jabs to the head and body, hook punches, uppercuts, overhand rights, straight lefts, and more. You will learn how to counter to your opponent's head and body with deadly accuracy and power. Become a deadly counterpuncher by adding this great tape to your fight arsenal. Order today by calling toll free at 1-800-517-7554 outside the USA call 1-949-493-1428 or order online at topboxing.com.

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5. Chris Getz' **ULTIMATE BOXING** Focus Mitt Training

Many coaches consider focus or punch mitts as they are sometimes called the most important pieces of training equipment in a boxing gym. Focus mitts are padded mitts that fit over each hand of the trainer and offer the most realistic training for developing a fighter's offensive and defensive sparring abilities, striking speed, stamina, rhythm, endurance, accuracy, timing, reflexes, footwork, punching combinations, power, and counterpunching techniques. In this excellent tape Coach Getz and top Latino fighters Alex Cruz and Ullis Nava demonstrate how to correctly use the focus mitts by teaching a series of unique drills and routines personally designed by Getz to quickly improve a fighters boxing skills. This tape is a must for all coaches and fighters who want to add exciting focus mitt training routines to their weekly workouts. If you are serious about becoming a good boxer then this tape is a must! Order now and save!

Order # UB-5.....Only \$39.95



6. Chris Getz' **ULTIMATE BOXING** Sparring & Ring Strategy

The proving ground for all boxers is in the ring. Only through sparring can one test his physical and mental abilities as a fighter. Whether you want to become a top amateur or pro this highly acclaimed tape by Coach Getz teaches you excellent sparring skills and ring strategy for becoming a champion fighter. With top Latin fighters Alex Cruz and Ullis Nava, Coach Getz demonstrates how to pace yourself when sparring, ways to look for weaknesses in your opponent, techniques for controlling your opponent in the ring, how to set up point scoring combinations, how to use the ropes, fighting from a clinch position, how to fight a south paw, different sparring ranges, ways to prepare yourself mentally for a fight, what you should do between rounds, taking advantage of your opponent's mistakes, when to go for the knock out, ring sportsmanship, how to wrap your hands for a professional bout and more. This tape also features a special appearance by California State Licensed Professional Boxing Referee Tony Crebs who explains in detail how a professional boxing bout is judged and scored. Also appearing is Licensed Boxing cut man Shawn Young who demonstrates how cuts are closed during a match so fighters can continue in the ring. All fantastic information you will want to have. Bring your sparring skills and ring strategy to a higher level by ordering this must have **ULTIMATE BOXING** tape today!

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7. Chris Getz' **ULTIMATE BOXING** Fighting Fit Workout Routine



Get in the best shape of your life as boxing Coach Chris Getz personally takes you through a killer boxing workout at his famous Black Tiger, Top-Ten Boxing Gym in San Diego, CA. Follow along as his top fighters sweat through Getz no-nonsense workout routine featuring aerobic and anaerobic exercises including warm-ups and stretching exercises, bag work, jumping rope, shadow boxing, focus mitt drills, abdominal work, medicine ball exercises, footwork drills, speed bag training, cool downs, and more. Greatly improve your stamina, strength, speed, confidence, reflexes, and fighting endurance by making this great workout a regular part of your weekly training routine! Burn fat and look great by ordering TODAY!

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See back for #8 Video/DVD ➤

8. Chris Getz' **ULTIMATE BOXING** Street Self-Defense Techniques

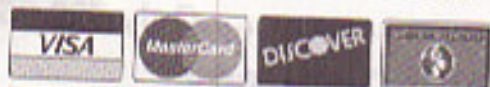


In this dynamic tape boxing Coach Chris Getz shows how to use fundamental boxing skills to win any street fight. When confronted with any hand-to-hand combat situation your fists always become your primary weapon for striking your opponent, which is why good boxing skills are essential for coming out on top in a street fight. In the street there are no rules as Coach Getz shows how to counter the most common street attacks with strong basic boxing techniques designed to knock out your opponent out with one quick punch. It's a known fact that a skilled boxer will win 9 out of 10 street fights against any type of attacker. In the street, boxers come out on top because they are in top condition and used to making contact through daily sparring sessions. Most street fighters have never been hit so when they do get nailed they panic and run but an experienced boxer will hold his ground, defend against the attack, and counter with knockout combinations. Coach Getz gives you an arsenal of easy to learn boxing self-defense techniques and drills that will give you the winning edge in any street fighting situation whether you are a man or women. Don't Wait! Order the boxing self-defense system that may one day save your life! Order toll free 24 hours a day 7 days a week at 1-800-517-7445 outside the USA call 1-949-493-1428 or order online at: topboxing.com.

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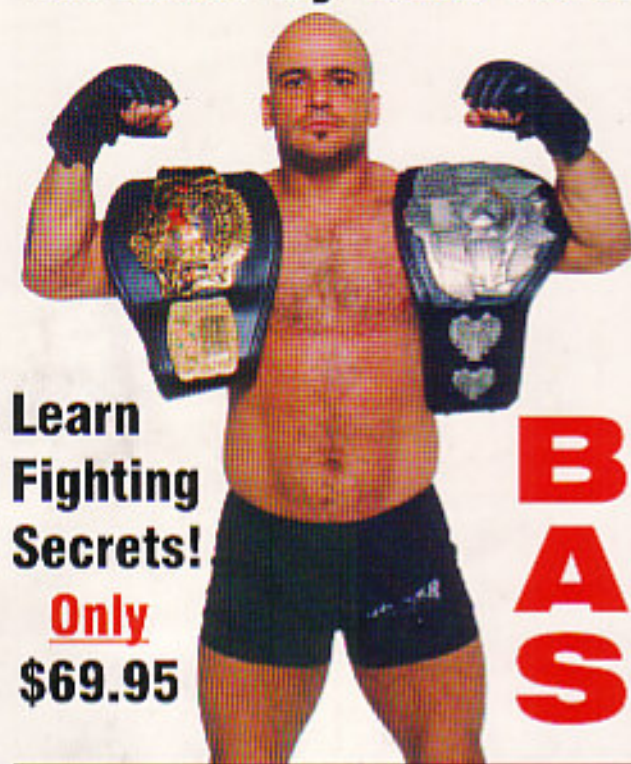
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STEPHEN "THE FIGHT PROFESSOR" QUADROS www.StephenQuadros.com

Stephen Quadros is one of the worlds leading martial arts personalities. With over 20 years as a practicing martial artist, writer, commentator, actor, trainer, and movie fight coordinator Quadros has accomplished much in his field. As a journalist he is editor of the highly regarded magazine *FightSport*, the world's leading journal on mixed martial arts combat. His extensive knowledge and articulate understanding of martial arts combat has put him in demand as a color commentator for numerous TV events. Of these events Quadros is best known in the martial arts world for his role along side Bas Rutten as host and play by play commentator for the extravagant "Pride Fighting Championships" mixed martial arts promotion in Japan. In fact the Japanese are so fond of Quadros they have nicknamed him "The Fight Professor."



Photo By Nick Borwell

As an Actor, Mr. Quadros has starred, guest starred or co-starred in over 30 films and television shows working with such greats as Chuck Norris, Jet Li, Mark Dacascos, DMX, Stephen Segal, Cuba Gooding Jr., Peter Falk, Blair Underwood, and Angela Lansbury.

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